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Epworth Sleepiness Scale

Snoring and Apnea can result in excessive sleepiness. The following **Epworth Sleepiness Scale** can measure your degree of sleepiness.

Please indicate the likelihood that you would fall asleep in the following situation (Scale of 0 to 3). This refers to your usual way of life in recent times. Use the following scale to choose the *most appropriate* number for each situation.

- 0 = would *never* doze**
- 1 = *slight* chance on dozing**
- 2 = *moderate* chance of dozing**
- 3 = *high* chance of dozing**

SITUATION	CHANCE OF DOZING
Sitting and reading.....	_____
Watching television	_____
Sitting inactive in a public place (e.g. a theatre or a meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when circumstances permit.....	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
	TOTAL _____

*If total is greater than 10, consult with your physician, or dentist.