

Appendix 4

Epworth Sleepiness Scale

The EES is a subjective measure of a patient's sleepiness. The test is a list of eight situations where you rate your tendency to become sleepy on a scale of 0, no chance of dozing, to 3, high chance of dozing.

Interpretation:

- 0-7 It is unlikely that the patient is abnormally sleepy.
- 8-9 Average amount of daytime sleepiness.
- 10-15 The patient may be excessively sleepy depending on the situation. The patient may want to consider seeking medical attention.
- 16-24 The patient is excessively sleepy and should consider seeking medical attention.

Adapted from:

Reference: Johns MW. A new method for measuring daytime sleepiness: The Epworth Sleepiness Scale. *Sleep* 1991; 14(6):540-5.