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### **The Epworth Sleepiness Scale**

The Epworth Sleepiness Scale is used to help people assess their level of daytime drowsiness. Simply look at the questions below and assign a number that reflects your level of sleepiness. If you receive a combined score of 10 or more, then you may need to see a specialist for sleep apnea treatment.

### **Use The Following Scenarios Below**

- 0 = would never doze or sleep
- 1 = slight chance of dozing or sleep
- 2 = moderate chance of dozing or sleeping
- 3 = high chance of dozing or sleeping

### **Situations:**

- Sitting or reading
- Watching TV
- Sitting inactive in a public place
- Being a passenger in a motor vehicle for an hour or more
- Lying down in the afternoon
- Sitting and talking to someone
- Sitting quietly after lunch (no alcohol)
- Stopped for a few minutes in traffic while driving

### **Total Epworth Score: \_\_\_\_\_**

If you scored a 10 or higher, call our office to schedule an appointment or free consultation at: (512) 263-2323.