

Great Lakes TTC, LLC.

Counseling and Tele-Psychiatry

2206 Mitchell Park Drive, Suite 10
Petoskey, Michigan 49770
231.487.6076 Landline
231.487.6569 Secure Fax

Epworth Sleepiness Scale

Use this scale to determine your patient's level of sleepiness.

Choose the most appropriate number for each situation:

0 = no chance of dozing
1 = slight chance of dozing or sleeping
2 = moderate chance of dozing or sleeping
3 = high chance of dozing or sleeping

Situation	Chance of Dozing or Sleeping
Sitting and reading	# _____
Watching TV	# _____
Sitting inactive in public place	# _____
As a passenger in a motor vehicle for an hour or more	# _____
Lying down to rest in the afternoon when circumstances permit	# _____
Sitting and talking to someone	# _____
Sitting quietly after lunch without alcohol	# _____
In a car, while stopped for a few minutes in traffic	# _____
TOTAL SCORE	# _____

If your patient scores 10 or more, we recommend further investigation and have your patient consult one of our physicians to treat a sleep disorder, address an underlying condition affecting sleep and develop proper sleep hygiene.

