

WORLD SLEEP DAY



EPWORTH SLEEPINESS SCALE

THE EPWORTH SLEEPINESS SCALE IS A SLEEP ISSUE RATING SCALE THAT CAN BE USED TO ASSESS 'DAYTIME SLEEPINESS'. IT TAKES NO LONGER THAN A COUPLE OF MINUTES TO COMPLETE AND CAN BE A USEFUL INDICATOR. HOW LIKELY ARE YOU TO DOZE OFF OR FALL ASLEEP WHILE ENGAGED IN THE BELOW ACTIVITIES? EVEN IF YOU HAVEN'T DONE SOME OF THESE THINGS RECENTLY, TRY TO WORK OUT HOW THEY WOULD HAVE AFFECTED YOU.

SCORE EACH 0-3

0 BEING 'WOULD NEVER DOZE'

1 = 'SLIGHT CHANCE OF DOZING'

2 = 'MODERATE CHANCE OF DOZING'

3 = 'HIGH CHANCE OF DOZING'



Sitting and reading



Sitting and talking to someone



Watching TV



Sitting quietly after lunch without alcohol



Sitting inactive in a public place, e.g. cinema, meeting



Riding as a passenger in a car for an hour without a break

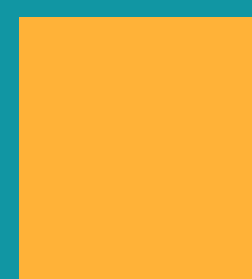


Lying down to rest in the afternoon



Sitting in a car, stopped for a few minutes in traffic

Total Score



YOUR SCORES PROVIDE ESTIMATES OF HOW LIKELY YOU ARE TO FALL ASLEEP DURING ROUTINE SITUATIONS IN YOUR DAILY LIFE. THE HIGHER YOUR SCORE, THE HIGHER YOUR DAYTIME SLEEPINESS.

ANYTHING OVER 10 IS DEEMED AS BEING 'OVER SLEEPY'. YOU SHOULD CONSIDER WHETHER YOU ARE OBTAINING ADEQUATE SLEEP, NEED TO IMPROVE YOUR SLEEP AND CONSULTING WITH A GP

<https://epworthsleepinessscale.com/about-the-ess/>

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