

Sleepiness Scale



In contrast to feeling just tired, how likely are you to doze off or fall asleep in the following situations? (Even if you have not done some of these things recently, try to work out how they would have affected you.) Use the following scale to choose the most appropriate number for each situation:

- 0 = Would not doze
- 1 = Slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Situation

Chance of dozing

- | | |
|--|-------|
| 1. Sitting or reading | _____ |
| 2. Watching TV | _____ |
| 3. Sitting inactive in a public place (e.g. theater) | _____ |
| 4. As a car passenger for an hour without a break | _____ |
| 5. Lying down to rest in the afternoon | _____ |
| 6. Sitting and talking to someone | _____ |
| 7. Sitting quietly after lunch without alcohol | _____ |
| 8. In a car, while stopping for a few minutes in traffic | _____ |

Total Score _____

If your total score is greater than 10, then the American Academy of Sleep Medicine recommends discussing your sleepiness with a physician.

Bluffton Regional  **Sleep Disorders Center**

Lutheran Health Network Member

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