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## **Epworth Sleepiness Scale**

How likely are you to doze off or fall asleep in the following situations? Score yourself using the following scale:

0 = would never doze

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

\_\_\_\_\_ Sitting and reading

\_\_\_\_\_ Watching TV

\_\_\_\_\_ Sitting, inactive in a public place (e.g., a theater or a meeting)

\_\_\_\_\_ As a passenger in a car for a hour without a break

\_\_\_\_\_ Lying down to rest in the afternoon when circumstances permit

\_\_\_\_\_ Sitting and talking to someone

\_\_\_\_\_ Sitting quietly after a lunch without alcohol

\_\_\_\_\_ In a car, while stopped for a few minutes in traffic

\_\_\_\_\_ **Total Score**

Evaluate your total score:

0-5 Slight or no sleep debt

6-10 Moderate sleep debt

11-20 Heavy sleep debt

21-25 Extreme sleep debt

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