

**Denton Sleep Disorders Laboratory**

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**EPWORTH SCALE**

How likely are you to doze off or fall asleep in the following situations or have any of these symptoms, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of the things recently, try to work out how they would have affected you. Use the following scale to enter the most appropriate number for each situation:

0 = Would never doze

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

Situation	Chance of Dozing/ Symptoms
Sitting and Reading	
Watching TV	
Sitting, inactive in a public place (e.g. a theatre)	
As a passenger in a car for an 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 the traffic	
Please check if you have any of the following symptoms	Please check all that apply
Restless Sleep	
Very, Loud, heavy snoring	
Daytime sleepiness	
Decreased daytime alertness	
Irritability or short temper	
Morning Headaches	
Forgetfulness	
Mood or behavior changes	
Anxiety or Depression	
Decreased interest in sex	

Total Score: \_\_\_\_\_ Total checked: \_\_\_\_\_

- 0-5 Slight or no sleep debt, congratulations you are getting enough sleep
- 6-10 Moderate sleep debt, most people today score in this range
- 11-20 Heavy sleep debt, you should see a sleep professional and stop driving your car
- 21-24 Extreme sleep debt, stop driving your car and see a sleep professional quickly

**If you have scored 5 or more and or have checked one or more of the symptoms you may have sleep apnea. Talk to your doctor to see if testing is recommended.**

**Sleep apnea is a potentially life-threatening disorder and will only get worse if left untreated. If this sounds like something that may affect you, please do not hesitate to discuss it with your physician today.**