

# Understanding the Diagnosis and Treatment of Obstructive Sleep Apnea

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## Epworth Sleepiness Scale

*How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times.*

0 = No chance of dozing

1 = Slight chance of dozing

2 = Moderate chance of dozing

3 = High chance of dozing

Sitting and reading	0	1	2	3
Sitting inactive in a car for an hour without a break	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

**Total Points** \_\_\_\_\_

**Score >10 indicates excessive sleepiness**