

# How Sleepy are You?

The **Epworth Sleepiness Scale (ESS)** is widely used in the field of sleep medicine as a subjective measure of a patient's sleepiness. The test is a list of eight situations in which you rate your tendency to become sleepy on a scale of 0-3:

**0= no chance of dozing    1= slight chance of dozing    2= moderate chance of dozing    3= high chance of dozing**

In each of the following situations, you should rate your chances of dozing off, not just feeling tired. Even if you have not done some of the things recently, try to determine how they would have affected you:

Sitting and reading?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Watching TV?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Sitting inactive public place (i.e. theater or meeting)?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
As a passenger in a car for an hour without a break?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Lying down to rest in the afternoon when possible?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Sitting and talking to someone?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Sitting quietly after a lunch without alcohol?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
In a car, while stopped for a few minutes at a traffic light?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

Now, add up the values of your responses. Your total score is based on a scale of 0-24. The scale estimates whether you are experiencing excessive sleepiness that possibly requires medical attention.

TOTAL ESS SCORE:

## Analyze your Score:

1-6: Congratulations, you are getting enough sleep

7-8: Your score is average

9+: Share this information with your physician immediately

*A total score **of 9 or more suggests** that you may need further evaluation by a physician to determine the cause of your excessive daytime sleepiness and whether you have an underlying sleep disorder.*

## Your Next Steps

This scale should not be used to make your own diagnosis. It is intended as a tool to help you identify your own level of daytime sleepiness, which is a symptom of many sleep disorders.

If your score is 9 or more, please share this information with your physician. Be sure to describe all of your symptoms, as clearly as possible, to aid your diagnosis and treatment. He or she may refer you **to The Spine Hospital of Louisiana Sleep Center** for a sleep study. It is important to remember that true excessive daytime sleepiness is almost always caused by an underlying medical condition that can be easily diagnosed and effectively treated.

## ABOUT THE SPINE HOSPITAL OF LOUISIANA SLEEP CENTER

The Spine Hospital of Louisiana Sleep Center is a full-service Sleep Center accredited by the American Academy of Sleep Medicine. Sleep Studies are conducted in specially designed bedroom laboratories that look and feel like home, yet contain the most state-of-the-art equipment to monitor your sleeping patterns. Specialty-trained sleep technologists monitor, analyze, and score every study conducted in the Sleep Center. Results and treatment recommendations are then shared with your physician to recommend treatment. For more information please call (225) 906-4833.