



# EPWORTH SLEEPINESS SCALE

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

Please rate how likely you are to doze or fall asleep in the following situations by selecting the response that best applies. If you have not done some of these activities recently, select what would most likely happen if you were in that situation.

It is important that you answer each question as best you can.

**0** Would *never* doze

**1** *Slight* chance of dozing

**2** *Moderate* chance of dozing

**3** *High* chance of dozing

	Chance of Dozing			
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place (eg, a theater or a meeting)	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 a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3
Total score:				<input type="text"/>

For any information on the use of the ESS, please contact Mapi Research Trust, Lyon, France.  
Internet: <https://eprovide.mapi-trust.org>

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**Reference: 1.** About the ESS. Accessed April 3, 2023. <https://epworthsleepinessscale.com/about-the-ess/>

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