

## KENT PULMONARY ASSOCIATES

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Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Service: \_\_\_\_\_

### EPWORTH SLEEPINESS SCALE

In Contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you.

Use the following scale and choose 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
Sitting and Reading	
Watching TV	
Sitting, inactive in a public (e.g. Theater or a meeting)	
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	
Driving in a car while stopped for a few minutes	