

# Epworth

Chart | your alertness to spot improvements

Credit: Dr Murray Johns

Completing Epworth Sleepiness Scores regularly will allow you to monitor how CPAP is improving your daytime sleepiness. Completing one before starting your therapy will allow you to have a baseline from which to measure your progress. How likely are you to doze off or fall asleep in the situations described below, 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 these things recently try to work out how they would have affected you. It is important that you answer each question as best you can. Use the following scale to 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	Date <u>DD/MM/YY</u>	Chance of dozing
Sitting and reading .....		<input type="text"/>
Watching TV .....		<input type="text"/>
Sitting inactive in a public place (theatre or meeting) .....		<input type="text"/>
As a passenger in a car for an hour without a break .....		<input type="text"/>
Lying down to rest in the afternoon when circumstances permit .....		<input type="text"/>
Sitting and talking to someone .....		<input type="text"/>
Sitting quietly after lunch without alcohol .....		<input type="text"/>
In a car, whilst stopped for a few minutes in traffic .....		<input type="text"/>
<b>Total</b> .....		<input type="text"/>

Epworth Sleepiness Scale Interpretations and advice to Patients

0 – 7: Well within the normal range. It is ‘unlikely’ that you are abnormally sleepy.

8 – 9: Top end of the normal range. You have an ‘average’ amount of daytime sleepiness.

10 – 15: Above the conventional top end of normal.

16 – 24: Clearly ‘abnormal’. You are ‘excessively’ sleepy.