

## Additional Information

Z-8

| Epworth Sleepiness Scale  |   |                          |
|---|---|--------------------------|
| Situation   | Situation Responses   | Situation Response Score |
| Sitting and Reading   | 0 = would never doze<br>1 = slight chance of dozing<br>2 = moderate chance of dozing<br>3 = high chance of dozing |                          |
| Watching Television   | 0 = would never doze<br>1 = slight chance of dozing<br>2 = moderate chance of dozing<br>3 = high chance of dozing |                          |
| Sitting inactive in a public place, for example, a theater or a meeting | 0 = would never doze<br>1 = slight chance of dozing<br>2 = moderate chance of dozing<br>3 = high chance of dozing |                          |
| As a passenger in a car for an hour without a break                     | 0 = would never doze<br>1 = slight chance of dozing<br>2 = moderate chance of dozing<br>3 = high chance of dozing |                          |
| Lying down to rest in the afternoon                                     | 0 = would never doze<br>1 = slight chance of dozing<br>2 = moderate chance of dozing<br>3 = high chance of dozing |                          |
| Sitting and talking to someone  | 0 = would never doze<br>1 = slight chance of dozing<br>2 = moderate chance of dozing<br>3 = high chance of dozing |                          |
| Sitting quietly after lunch when you've had no alcohol                  | 0 = would never doze<br>1 = slight chance of dozing<br>2 = moderate chance of dozing<br>3 = high chance of dozing |                          |
| In a car while stopped in traffic                                       | 0 = would never doze<br>1 = slight chance of dozing<br>2 = moderate chance of dozing<br>3 = high chance of dozing |                          |

A score of 10 or greater indicates a possible sleep disorder.