

Healthy Sleeping Assessment

Clinician Notes

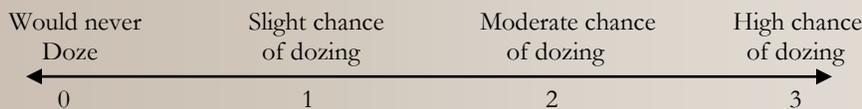
ID:

Date:

Follow Up:

Instructions

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. Use the following scale to choose the most appropriate number for each situation.



- | | | | | |
|--|---|---|---|---|
| 1. Sitting and reading | 0 | 1 | 2 | 3 |
| 2. Watching TV | 0 | 1 | 2 | 3 |
| 3. Sitting, inactive in a public place (e.g. a theatre or a meeting) | 0 | 1 | 2 | 3 |
| 4. Lying down to rest in the afternoon when circumstances permit | 0 | 1 | 2 | 3 |
| 5. Sitting and talking to someone | 0 | 1 | 2 | 3 |
| 6. Sitting quietly after a lunch without alcohol | 0 | 1 | 2 | 3 |
| 7. In a car, while stopped for a few minutes in the traffic | 0 | 1 | 2 | 3 |

4-Week Follow Up

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|-----|---|---|---|---|
| 1.) | 0 | 1 | 2 | 3 |
| 2.) | 0 | 1 | 2 | 3 |
| 3.) | 0 | 1 | 2 | 3 |
| 4.) | 0 | 1 | 2 | 3 |
| 5.) | 0 | 1 | 2 | 3 |
| 6.) | 0 | 1 | 2 | 3 |
| 7.) | 0 | 1 | 2 | 3 |

Reference: Johns. (1991). A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. *Sleep*, 14, 540-545.