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**Epworth Sleepiness Scale (ESS)\* test**

The ESS\* is used to complement the STOP-BANG questionnaire to determine the need for further investigation into the presence of Sleep Apnoea.

How likely are you to doze off or fall asleep in the following situations, 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:

- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Situation (Chance of Dozing)	Score (0-3)
Sitting and reading	
Watching television	
Sitting inactive in a public place (e.g. a theatre or 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	
In a car, while stopped for a few minutes in traffic	
<b>Total Score</b>	

**Score Results:**

1-6: Congratulations, you are getting enough sleep!

7-8: Your score is average

9 and up: Very sleepy and should seek medical advice

If you got a score of 9 and above, you should consult your doctor along with your STOP-BANG questionnaire results to determine if you need to investigate for Sleep Apnoea.

\*Johns, M.W. (1991). A new method for measuring daytime sleepiness: The Epworth sleepiness scale. Sleep, 14, 540-545.