



Dr Iain Butler
Ear, Nose & Throat Specialist

MBChB MMed (ORL) (UFS)
PR No. 0299111 MP0521612

Suite 405 St George's Hospital
Park Drive, Port Elizabeth, 6001
PO Box 7842, Newton Park, 6055

Tel: +27 (0)41 492 3185
Fax2Email: +27 86 439 5357
reception@drbutler.co.za
www.drbutler.co.za

Epworth Sleepiness Scale

Name:

Date:

How likely are you to doze off or fall asleep in the following situations?
Please mark the one most appropriate answer for each question.

	No chance	Slight chance	Moderate chance	High chance
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public space	0	1	2	3
Lying down to rest in the afternoon, when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3