



Sleep Disorders

Are you sleepy?



Epworth test

In order to be able to measure possible daytime sleepiness, here are some situations in which you must evaluate the risk of becoming drowsy. To answer, use the following scale:

0: no risk of falling asleep

1: low risk of falling asleep

2: medium risk of falling asleep

3: high risk of falling asleep

Situation	Risk of falling asleep
Sitting reading	
Watching television	
Sitting inactive in a public place (cinema, meeting, theatre)	
As a passenger in a car (or public transport) travelling non-stop for one hour	
Lying in the afternoon when circumstances allow.	
Sitting while talking with someone	
Sitting calm after a non-alcoholic lunch	
In a car immobilised for a few minutes.	
Total Sum	

Less than 11 points:

Between 11 and 16 points:

Between 16 and 24 points:

Ordinary.

Abnormal sleepiness, consult your doctor.

You are very sleepy, consult your doctor quickly and avoid driving.