

Epworth Sleepiness Scale (ESS)

Patient name _____

Date: _____

This questionnaire will help your physician to measure your general level of daytime sleepiness.

How likely are you to dose off or fall asleep in the situation described below, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you haven't 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

| <u>Situation</u> | <u>Chance of dozing</u> | | | |
|---|-------------------------|---|---|---------|
| Sitting and reading | 0 | 1 | 2 | 3 |
| Watching T.V. | 0 | 1 | 2 | 3 |
| Sitting, Inactive in a public place (e.g. a theater or a meeting) | 0 | 1 | 2 | 3 |
| As a passenger in a car for an hour without a break | 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 lunch without alcohol | 0 | 1 | 2 | 3 |
| In a car, while stopped for a few minutes in traffic | 0 | 1 | 2 | 3 |
| Total your score in each column. Combine column totals | | | | = _____ |

If your score is 10 or higher, you should discuss these results with your doctor.

Additional Narcolepsy Symptoms

Please take a minute to answer the following questions to determine if you may suffer from narcolepsy.

- I sometimes experience muscle weakness or a loss of muscle strength when I laugh or get angry YES NO
 - If yes to #1, I sometimes avoid emotional situations because of these episodes of muscle weakness/loss of muscle strength. YES NO
- I have a problem falling asleep at night, but have trouble sleeping through the night. YES NO
- I sometimes experience a brief period upon waking or falling asleep where I want to get up but cannot move a muscle or speak. YES NO
- I often have very vivid and/or frightening dreams when I sleep. YES NO

Nadia Zaki, MD