

Sleepiness Scale*

Use this 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

It is important that you choose a response (0 to 3) for each of the 8 situations.

Situation	Chance of Dozing				
1. Sitting and reading	0	1	2	3	___
2. Watching television	0	1	2	3	___
3. Sitting inactive in a public place (e.g. a theater or meeting)	0	1	2	3	___
4. As a passenger in a car for an hour without a break	0	1	2	3	___
5. Lying down to rest in the afternoon	0	1	2	3	___
6. Sitting and talking to someone	0	1	2	3	___
7. Sitting quietly after lunch (when you've had no alcohol)	0	1	2	3	___
8. In a car while stopped in traffic	0	1	2	3	___
Total					___

Add up your responses to the 8 situations. If your total score is **0 - 9**, then you share the average score for the normal population. If your total score is **10 - 24**, please call our Sleep Wellness Center at (203) 732-7571 to speak with our sleep specialists.