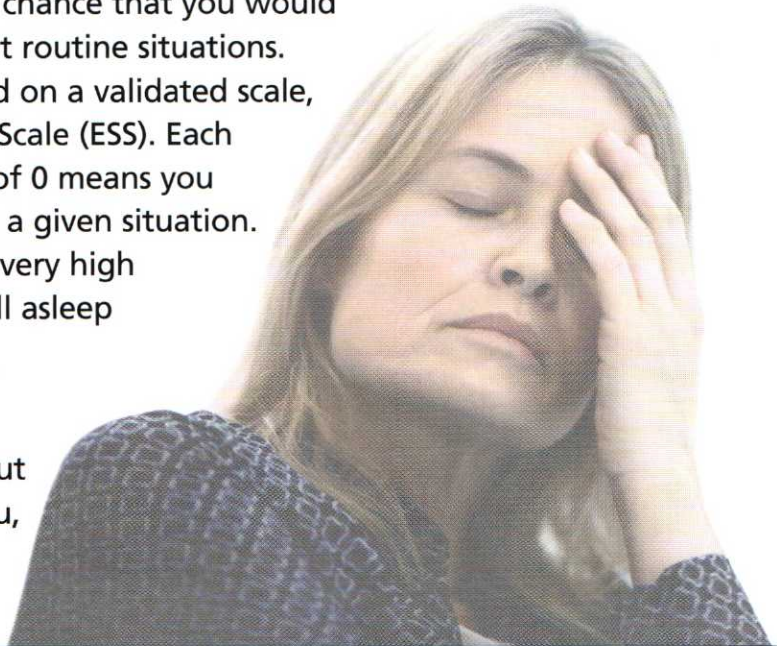


# Do you suffer from excessive sleepiness?

The following questionnaire will help you measure your general level of sleepiness. Please rate the chance that you would doze or fall asleep during different routine situations. Answers to the questions are rated on a validated scale, known as the Epworth Sleepiness Scale (ESS). Each item is rated from 0 to 3. A score of 0 means you would never doze or fall asleep in a given situation. A score of 3 means that there is a very high chance that you would doze or fall asleep in that situation.

Even if you haven't done some of these activities recently, think about how they would have affected you, and about whether or not you may have dozed or fallen asleep.



**It is important that you choose a number (0 to 3) for each of the eight boxes.**

Use this scale to choose the most appropriate number for each situation:

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

Situation	Chance of dozing (0 to 3)			
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place—for example, a theater or 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	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch (when you've had no alcohol)	0	1	2	3
In a car, while stopped in traffic	0	1	2	3
<b>Total Score</b>				

*Please turn the page over for an explanation of your score.*