

Epworth Sleepiness Scale (ESS)

The Epworth Sleepiness Scale is a self-report questionnaire that measures subjective daytime sleepiness. It is frequently used to screen for excessive sleepiness, particularly in the context of sleep disorders such as sleep apnea or narcolepsy.

Number of questions	8 questions
Estimated duration	5 minutes
Language	English
Original name	Epworth Sleepiness Scale
Target audience	Adults
Authors	Johns, Murray W. (1991)
Category	General

Preview of the 8 questions

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

Sitting and reading

Would never doze | Slight chance of dozing | Moderate chance of dozing | High chance of dozing

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

Watching TV

Would never doze | Slight chance of dozing | Moderate chance of dozing | High chance of dozing

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

Sitting, inactive in a public place (e.g. a theater or a meeting)

Would never doze | Slight chance of dozing | Moderate chance of dozing | High chance of dozing

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

As a passenger in a car for an hour without a break

Would never doze | Slight chance of dozing | Moderate chance of dozing | High chance of dozing

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

Lying down to rest in the afternoon when circumstances permit

Would never doze | Slight chance of dozing | Moderate chance of dozing | High chance of dozing

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored from 0 to 3 according to the likelihood of falling asleep in different situations. The total score, ranging from 0 to 24, is used to assess the severity of sleepiness: a score above 10 suggests excessive sleepiness requiring further investigation.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

Are you a psychologist?

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- Standardized tests
- Automatic scoring
- Results sent by email

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“Skeptical at first, I now can't do without this tool in my practice.”

 Elodie C. - CBT Psychologist