



**PULMONARY  
MEDICINE  
ASSOCIATES**

JOHN D. ANDREWS JR, M.D.  
JEFFREY P. BACON, M.D.  
STEPHEN A. BAEZ, M.D.  
DAVID P. DE LOS SANTOS, M.D.  
BRUCE W. DENNEY, M.D.  
ANTHONY FLOREANI, M.D.  
DARREL D. HANDKE, M.D.  
MICHAEL V. JACKSON, M.D.  
STEVE K. MASHOUR, M.D.  
ROBERT B. RICHESONIII, M.D.  
LESLIE S. SMITH, M.D.  
CHRISTINA A. SZOT, M.D.

**THE EPWORTH SLEEPINESS SCALE**

Date: \_\_\_\_\_ Patient Name: \_\_\_\_\_

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to estimate how they would have affected you.

**Use the following scale to choose the most appropriate number for each situation.**

**Scale:**

- 0 = No chance of dozing
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

SITUATION	CHANCE OF DOZING			
Sitting and reading	0	1	2	3
Sitting and watching TV	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 a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

**Total Epworth Score** \_\_\_\_\_

MAIN OFFICE  
236 WEST SIXTH STREET, SUITE 100  
RENO, NEVADA 89503  
(775) 329-9010  
FAX (775) 329-4899

SLEEP CENTER  
601 SOUTH ARLINGTON AVENUE  
RENO, NEVADA 89509  
(775) 329-1727