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THE BED PARTNER REPORTED EPWORTH SLEEPINESS SCALE

The Epworth Sleepiness Scale (ESS) was developed and validated by Dr. Murray Johns of Melbourne, Australia. It is a simple, self-administered questionnaire—widely used by sleep professionals in quantifying the level of daytime sleepiness.

Your Name: _____

Partner Name: _____

Date: _____

Please answer the following questions on behalf of your bed partner.

How likely are they to doze off or fall asleep in the following situations, in contrast to being 'just tired'? This refers to their usual way of life at present and in the recent past. Even if they have not done some of these things recently, try to work out how they would have been affected.

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

SITUATION CHANCE OF DOZING

Sitting and reading _____

Watching television _____

Sitting, inactive in a public place (e.g. theatre, meeting) _____

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

Lying down to rest in the afternoon when circumstances permit _____

Sitting and talking to someone _____

Sitting quietly after lunch without alcohol _____

In a car, while stopped for a few minutes in traffic _____

TOTAL SCORE _____

Notes: