

Epworth Sleepiness Scale – Children

How likely is your child to doze off or fall asleep in the following situations, in contrast to feeling “just tired”? This refers to their usual way of life in recent times. Even if they have not done some of these things recently, think about how they would have affected your child. Use the following scale to choose the most appropriate number for each situation.

0= would never doze or sleep

1= slight chance of dozing or sleeping

2=moderate chance of dozing or sleeping

3=high chance of dozing or sleeping

Circle the most appropriate number for each situation:

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|--|---|---|---|---|
| 1. Sitting and reading | 0 | 1 | 2 | 3 |
| 2. Watching television | 0 | 1 | 2 | 3 |
| 3. Sitting inactive in a public place
(for example, a movie theater or classroom) | 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
When circumstances permit | 0 | 1 | 2 | 3 |
| 6. Sitting and talking to someone | 0 | 1 | 2 | 3 |
| 7. Sitting quietly after lunch | 0 | 1 | 2 | 3 |
| 8. Doing homework or taking a test | 0 | 1 | 2 | 3 |