

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: