



EPWORTH SLEEPINESS SCALE *

How likely are you to actually doze off or fall asleep in the following situations, as opposed to just feeling 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 determine how they would have affected you.

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

Sitting and reading	☐ 0	☐ 1	☐ 2	☐ 3
Watching television	☐ 0	☐ 1	☐ 2	☐ 3
Sitting inactive in a public place — for example, a theater or 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

Now add up your score.

10 - 9 = average score / normal population

10 - 24 = sleep specialist advice recommended

A total score of 10 or more suggests that you may need further evaluation by a physician to determine the cause of your excessive daytime sleepiness and whether you have an underlying sleep disorder. It is important to remember that true excessive daytime sleepiness is almost always caused by an underlying medical condition that can be easily diagnosed and effectively treated.

Please have your physician refer you to the Sleep Disorders Center, or call to make an appointment yourself at (718) 252-1117.

*The Epworth Sleepiness Scale (ESS), developed Dr. Murray Johns, is a questionnaire intended to measure daytime sleepiness. This can be helpful in diagnosing sleep disorders.



TIPS FOR GETTING A GOOD NIGHT'S SLEEP

1. Go to sleep and wake up at the same time every day.
2. Make sure your bedroom is dark, cool, quiet and comfortable.
3. If noise is an issue, use "white noise" like a fan, or ear plugs.
4. Develop a relaxing bedtime ritual, e.g., reading, stretching, listening to soft music.
5. Avoid caffeine, nicotine and alcohol late in the day.
6. Avoid eating at least 2 hours before bed, and don't eat spicy foods.
7. Avoid drinking beverages before bedtime.
8. Exercise regularly.
9. If you don't fall asleep within 15-20 minutes, get up out of bed until you feel sleepy.
10. Don't take naps during the day. If you're sleepy, get up and move: walk, do errands, stretch. The activity will increase the flow of oxygen to your brain and help you to be more alert.
11. Talk to your doctor before taking sleep medications. All medications have side effects, and you might have other issues that could be exacerbated by medication.

You might find it helpful to:

- Drink warm milk.
- Take a warm bath.
- Turn your clock so you can't see the time.
- Keep a pad and pencil by the bed to write down your thoughts when you have a lot on your mind.