Epworth Sleepiness Scale

1-Slight Chance

0 - Never



What would your chance of dozing be in the following situations?

2 – Moderate

3 - High

| Situation | Chance |
|---|--------|
| Sitting and reading | |
| Watching TV | |
| Sitting inactive in a public place (e.g. a theatre / meeting) | |
| As a passenger in a car for an hour w/o a break | |
| Lying down torest in the afternoon when circumstances permit | |
| Sitting and talking to someone | |
| Sitting quietly after a lunch without alcohol | |
| In a car, while stopped for a few minutes in the traffic | |
| TOTAL | 0 |

If you scored:

Congratulations, you are

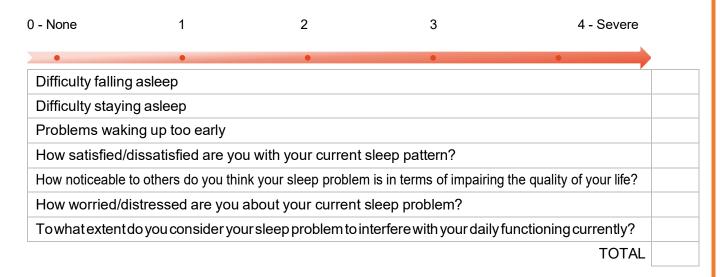
getting enough sleep!7 - 8 Your score is average

1 - 6

- ŭ
- Seek the advice of9 + a sleep specialist without delay

Insomnia Severity Index

Indicate which best describes your situation for the past 2 weeks.



| 0 - 4 | Not Clinically Significant | 15 | 21 | Moderate Clinical Insomnia |
|--------|----------------------------|----|----|----------------------------|
| 8 - 14 | Subthreshold | 22 | 28 | Severe Clinical Insomnia |

Used with permission from Charles M. Morin, Ph. D., Université Laval