

## Mercy Sleep Center

# THE SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just 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 work out how they would have affected you. Use the following scale to choose the most appropriated number for each situation.

<b>0 = No Chance of Dozing</b>
<b>1 = Slight Chance of Dozing</b>
<b>2 = Moderate Chance of Dozing</b>
<b>3 = High Chance of Dozing</b>

<b>SITUATION</b>	<b>CHANCE OF DOZING</b>
Sitting and Reading	
Watching TV	
Sitting Inactive in a public place	
As a passenger in a car for an hour without a break	
Lying down in afternoon as circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
	<b>TOTAL:</b>

## THE SLEEPINESS SCALE KEY

<b>1-6</b>	Congratulations, you are getting enough sleep!
<b>7-8</b>	Your score is average
<b>9 +</b>	Seek the advice of a sleep specialist without delay

If you have any questions, please call Mercy Sleep Center @ 463-5082