

EPWORTH SLEEPINESS SCORE

NAME: **DATE:**

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?

For each situation below, give yourself a score of 0 to 3 where:

0 = would never doze

2 = moderate chance of dozing

1 = slight chance of dozing

3 = high chance of dozing

(If you have not been in a situation recently, think about how you would have been affected).

	SCORE
1. Sitting and reading	
2. Watching Television	
3. Sitting, inactive in a public place (e.g. a theatre, meeting)	
4. As a passenger in a car for an hour without a break	
5. Lying down to rest in the afternoon	
6. Sitting and talking to someone	
7. Sitting quietly after lunch (when you have not had alcohol)	
8. In a car, while stopped in traffic	
Grand TOTAL	

DO YOU DRIVE? (delete as appropriate)

YES / NO

GP Use Only.

Guidance for Referrers based upon the patients Sleep Score

- If the patient is primarily complaining of snoring those with an Epworth sleepiness score of less than 10 should be considered for referral to an ENT clinic.
- For those patients with a raised BMI in this group weight loss is likely to be effective. It would initially be recommend to refer to a local weight management programme, referring on only those patients whose symptoms fail to improve with weight loss. Mandibular devices such as those at www.snorban.co.uk or www.sleeppro.com can also help some patients particularly if they have an overbite. If these measures are unsuccessful or the patient has nasal obstruction or throat symptoms ENT referral may be appropriate.
- Patients with primary complaints of snoring with an Epworth sleepiness score of 10 or more should be referred to the Sleep Clinical Assessment Service on Choose & Book.
- Patients complaining of daytime somnolence and snoring, in whom obstructive sleep apnoea is suspected clinically, should be referred to a sleep apnoea clinic irrespective of the Epworth sleepiness score, although this should still be completed. (This will guide whether or not investigations are arranged prior to clinic appointment.)