



TRIKA MEDICAL INC.

BREATHE RIGHT, SLEEP THROUGH THE NIGHT

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Epworth Sleepiness Scale

How likely is the patient to doze off or fall asleep in the following situations, in contrast to just feeling tired? This questionnaire refers to the patients chance of falling asleep during usual daily activities. Use the following scale to choose the most appropriate number for each situation:

Scale:

0= No Chance of dozing

1= Slight Chance of dozing

2= Moderate Chance of dozing

3= High Chance of dozing

Situation:	Chance Of Dozing			
Sitting and Reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place	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
Total Epworth Scale				