



Accredited by the American Academy of Sleep Medicine

Fellow

- The American Academy of Allergy & Immunology
- The American Academy of Sleep Medicine
- The American College of Chest Physicians
- The American College of Allergists
- The American Academy of Pediatrics

Diplomate

- American Board of Allergy & Immunology (Adult & Pediatric)
- American Board of Sleep Medicine and Clinical Polysomnography (Adult & Pediatric)
- American Board of Medical Specialties in Sleep Medicine
- American Board of Pediatrics (Pediatric Pulmonology)
- American Board of Pediatrics (General Pediatrics)

John D. Bray, M.D.

- Sleep Disorders Medicine
- Pediatric & Adult Allergy Immunology
- Pediatric Pulmonary Medicine
- Board Certified in Sleep Medicine
- Medical Director

Updated 12/30/2014

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Chief Polysomnographic Technologist

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www.sleepcentersw.com

NAME: _____

DATE: _____

THE EPWORTH SLEEPINESS SCALE
***** FOR PATIENT TO FILL OUT*****

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 appropriate number for each situation.

- 0= would **never** doze
- 1= **slight** chance of dozing
- 2= **moderate** chance of dozing
- 3= **high** chance of dozing

<u>Situation</u>	<u>Chance of Dozing</u>
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (e.g. a theater or a meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest 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 traffic	_____
Thank you for your cooperation	TOTAL _____