



Jackson Pulmonary
ASSOCIATES, P. A.

EPWORTH CHART

How likely are you to doze off or fall asleep?

Please use the following scale to answer the phrases below:

- 0 *Would never doze*
- 1 *Slight chance of dozing*
- 2 *Moderate chance of dozing*
- 3 *High chance of dozing*

- _____ Sitting and reading
- _____ Watching television
- _____ Sitting inactive in a public place
- _____ While a passenger in a car 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 in traffic for a few minutes

Epworth Score: _____

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