

RATE HOW SLEEPY YOU FEEL DURING THE DAY

How likely are you to DOZE OFF OR FEEL SLEEPY (not just feeling tired or fatigued) in the following situations? This refers to how sleepy you feel recently. Even if you have not done some of these things recently, try to imagine how they would affect you. Use the following scale to choose the most appropriate number in each situation.

Chance of Dozing Scale

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

Situation

<u>Chance of Dozing</u>	
Sitting and reading	0
1 2 3	
Watching TV	0
1 2 3	
Sitting, inactive in a public place (theater, meeting, classroom)	0
1 2 3	
As a passenger in a car for an hour without a break	0
1 2 3	
Lying down for a 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	
(while at the wheel)	