

How Sleepy Are You?

Rate your chances of dozing off -- not just feeling tired. Even if you have not done some of these things recently, try to determine how the situation might affect you. For each situation, decide which best describes your chance of dozing and write the corresponding number next to the situation.

Total your score below.

No chance of dozing = 0

Slight change of dozing = 1

Moderate chance of dozing = 2

High chance of dozing = 3

Situation	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g., a theater or a meeting)	
As a passenger in a care 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	
TOTAL SCORE	

What's your Score?

If you scored 0-7: It is unlikely that you are abnormally sleepy.

If you scored 8-9: You have an average amount of daytime sleepiness.

If you scored 10-15: You may be excessively sleepy, and you may want to consider medical attention.

If you scored 16-24: You are excessively sleepy and should definitely consider seeking medical attention.