The Epworth Sleepiness Scale

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 this scale to allocate the most appropriate rating for each situation:

0 = No chance of dozing **2** = Moderate chance of dozing
1 = Slight chance of dozing **3** = High chance of dozing

Situation	Rating
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. a theatre 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	
Total score	

Score	Result
1–6	Congratulations, you are getting enough sleep
7–8	Your score is average
9+	Seek the advice of a sleep specialist without delay

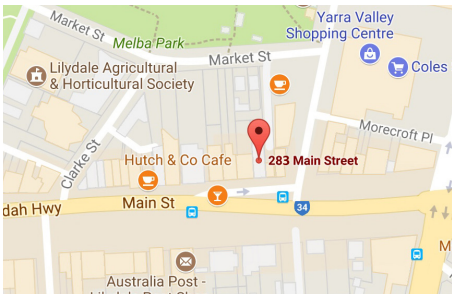
Notes

- A score of 8 or more will support patient eligibility for a bulk-billed Home Sleep Study to be conducted.
- A score of 7 or less requires a consultation with a Sleep Physician prior to conducting a bulk-billed Home Sleep Study.
- Either the STOP-BANG Sleep Apnoea Questionnaire or OSA-50 Screening Questionnaire should also be used to further determine the necessity for a Home Sleep Study.

CPAP Network clinics conveniently located at:

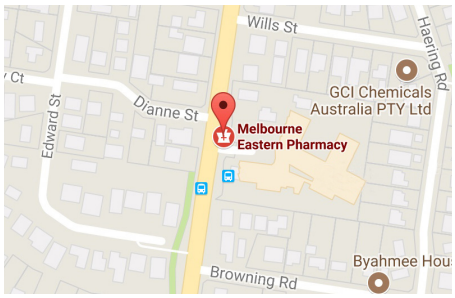
☐ Lilydale

Lilydale Sleep Apnoea Centre
283 Main Street
P: 9739 4174 F: 9739 5672
E: lilydale@cpapnetwork.com.au



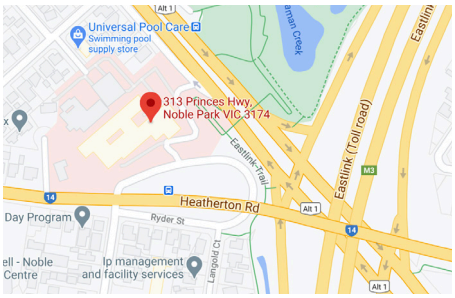
☐ Boronia

Melbourne Eastern Pharmacy
157 Scoresby Road
P: 9839 3377 F: 9839 3378
E: boronia@cpapnetwork.com.au



☐ Noble Park

South Eastern Private Hospital Sleep Lab
313 Princes Highway
P: 9546 7014 F: 9739 5672
E: noblepark@cpapnetwork.com.au



☐ Cranbourne

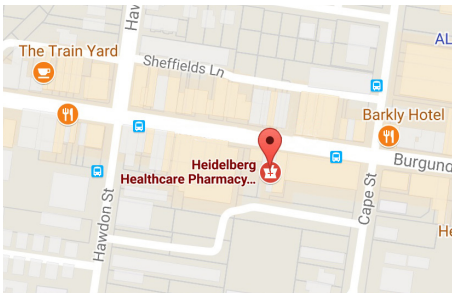
Cranbourne Sleep Apnoea Centre
4/78 High Street (enter via Bakewell St)
P: 5998 8998 F: 5996 8660
E: cranbourne@cpapnetwork.com.au

☐ Mornington

Mornington Sleep Apnoea Centre
Shop 3/193 Main Street
P: 5990 5888 F: 5990 5880
E: mornington@cpapnetwork.com.au

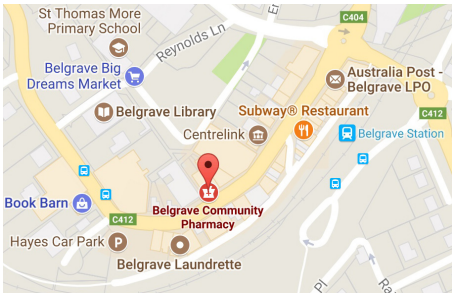
☐ Heidelberg

Heidelberg Healthcare Pharmacy
119 Burgundy Street
P: 9458 1244 F: 9458 3320
E: heidelberg@cpapnetwork.com.au



☐ Belgrave

Belgrave Community Pharmacy
1639 Burwood Highway
P: 9754 2001 F: 9752 6012
E: belgrave@cpapnetwork.com.au



☐ Hawthorn East

Hawthorn Sleep Apnoea Centre
G08/12 Cato Street
P: 9822 2588 F: 8823 8750
E: hawthorn@cpapnetwork.com.au

☐ Balwyn North

Greythorn Amcal Pharmacy
297-301 Doncaster Road
P: 9857 7363 F: 9857 9244
E: balwyn@cpapnetwork.com.au

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