

Epworth Sleepiness Scale (ESS)

Category: Sleep | Items: 8 | Time: ~2 min

Description / When to Use

8-item questionnaire measuring daytime sleepiness in everyday situations.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 8 items in this scale. Estimated completion time: 2 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

0 = None | 1 = Mild | 2 = Moderate | 3 = Severe | 4 = Very severe

Scoring Guide

Sum all 8 items scored 0-3. Total range 0-24. Score > 10 indicates abnormal sleepiness.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-10	Normal daytime sleepiness	None
11-15	Mild sleepiness	Monitor
16-24	Severe sleepiness	Refer to sleep specialist

Psychometric Properties

Cronbach's alpha: 0.88 | Test-retest reliability: 0.86

Validity: Predicts sleep apnea and other sleep disorders.

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Citation (APA Format)

Johns, M. W. (1991). A new method for measuring daytime sleepiness. *Sleep*, 14(6), 540-545.

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