

For adults living with **narcolepsy**

Is your excessive daytime sleepiness still interfering with your life?

Do you still...



Fight to stay awake and alert throughout the day?



Feel a constant need to sleep that you can't shake?



Feel like you'll doze off in less active situations, like when you're at work or riding in a car?



Wake up feeling refreshed, but it doesn't last?



Feel like you're missing out on certain activities because of your excessive daytime sleepiness?

If you answered yes to any of these questions...

Fill out the Epworth Sleepiness Scale on the following page to help you talk with your healthcare provider about your level of daytime sleepiness and how it might still be affecting you.

For more information, visit LivingWithNarcolepsy.com

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Complete the scale below to help measure your usual level of daytime sleepiness.

Epworth Sleepiness Scale (ESS)

The ESS measures how likely you are 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 haven't done some of these things recently, try to work out how they would have affected you.

Use the following scale to choose the **most appropriate number** for each situation:
0 = would never doze; 1 = slight chance of dozing; 2 = moderate chance of dozing; 3 = high chance of dozing

It is important that you answer each question as best you can.

Situation	Chance of Dozing (circle one)
 Sitting and reading	0 1 2 3
 Watching TV	0 1 2 3
 Sitting, inactive in a public place (eg, a theater or a meeting)	0 1 2 3
 As a passenger in a car for an hour without a break	0 1 2 3
 Lying down to 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
Total Score:	

Discuss your total score with your healthcare provider.

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