



FIRST COAST CARDIOVASCULAR INSTITUTE

First Coast Cardiovascular Institute
Sleep Disorders Center

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the situations listed below, in contrast to feeling tired?

Use the following scale to choose the most appropriate number for each situation.

0= would never doze

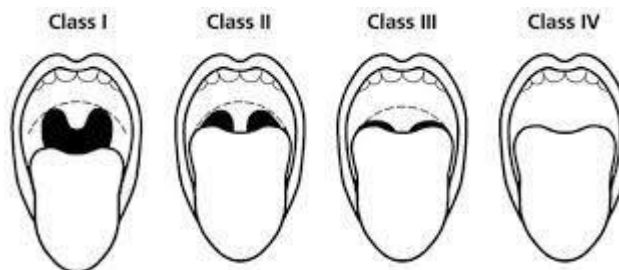
2=moderate chance of dozing

1= slight chance of dozing

3=high chance of dozing

Situations	Rating
Sitting & reading	
Watching T.V.	
Sitting inactive in a public place	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon	
Sitting & talking to someone	
Sitting quietly for a few minutes without alcohol	
In a car while stopped for a few minutes in traffic	
Total	

MALLAMPATI CLASSIFICATION



Technician: please determine the Mallampati score by having the patient open their mouth and view the inside of the patient's mouth/oropharynx. The patient does not have to strain/stretch the mouth open, just relax and open mouth. Circle the class which most closely resembles what you see.