



NARCOLEPSY SYMPTOM SCREENERS

Name: _____ DOB: _____ Date: _____

EPWORTH SLEEPINESS SCALE¹

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

This refers to your usual way of life recently.

Even if you haven't done some of these things recently, try to figure out how they would have affected you.

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

0 No chance of dozing **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			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place (e.g., 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 while 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 or bus, while stopped for a few minutes in traffic	0	1	2	3

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Share your responses with your doctor. Your doctor will use the scoring instructions below to calculate your score.

Scoring and Interpretation

A narcolepsy diagnosis should be established by a sleep specialist with a clinical interview and a nighttime polysomnogram (PSG) followed by a Multiple Sleep Latency Test (MSLT) performed under standardized conditions.²

TOTAL ESS SCORE

Scoring

The chance of dozing or falling asleep in 8 situations is rated on a scale of 0-3, with 0 indicating “would never doze” and 3 indicating a “high chance of dozing.” Ensure each question is answered or ask patients to estimate responses to unanswered questions based on recent times. Add the scores for each of the questions to yield a total score ranging from 0-24.^{1,3}

Interpretation

An ESS score >10 suggests excessive daytime sleepiness (EDS).³ An ESS score ≥16 suggests a high level of EDS. Scores within this range are generally associated with significant sleep disorders, including narcolepsy.¹ A high ESS score is suggestive of EDS only and is not diagnostic for a specific sleep disorder. Patients with EDS (ie, ESS >10) may need to be evaluated for a potential sleep disorder, including narcolepsy.¹

Interpreting Epworth Sleepiness Scale Scores¹

Normal	EDS*	High Levels of EDS*
0-10	>10	>16