

**0** = would **NEVER** doze

**1** = **SLIGHT** chance of dozing

**2** = **MODERATE** chance of dozing

**3** = **HIGH** chance of dozing

**SITUATION**

**CHANCE OF DOZING (0-3)**

Sitting and reading	
Watching television	
Sitting inactive in a public place (e.g. a theater or 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 the traffic	
<b>TOTAL SCORE</b>	

**SCORE RESULTS:**

**1-6** Congratulations, you are getting enough sleep!

**7-8** Your score is average

**9+** Very sleepy and should continue to seek sleep assistance.