

Epworth Sleepiness Scale (ESS) Questionnaire

Situation	Chance of Dozing (0-3)
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g., theatre 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 lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

Who Should Have a Sleep Study?

- People with loud snoring, witnessed apnoeas, or choking during sleep
- Individuals with excessive daytime sleepiness or high ESS score (≥ 10)
- Patients with morning headaches, poor concentration, or unrefreshing sleep
- Those with risk factors such as obesity, hypertension, or heart disease
- Anyone advised by a healthcare professional due to suspected sleep disorders