



## INSTRUCTIONS FOR THE EPWORTH SLEEPINESS SCALE (ESS)

### I. General Instructions

The Epworth Sleepiness Scale (ESS) is a questionnaire used to determine daytime sleepiness. It is administered to all ARIC participants at Visit 11, regardless of participation in the sleep monitoring study.

Read: **“Now I will ask you questions about symptoms of sleepiness during the day.”** Then read the script on the ESS form.

### II. Detailed Instructions for Each Item

1-8. Choose the appropriate level only if the symptom(s) has been present in the last month. If a participant states that they are never in the situation described (don't watch TV, or don't sit in the car for a long period of time as a passenger), encourage them to consider the described scenario and guess how it would affect them if they were in that situation. For each item rate the SEVERITY of the symptom (how it affects the participant):

0= **Would never doze**

1 = **Slight chance of dozing**

2 = **Moderate chance of dozing**

3 = **High chance of dozing**

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Would never doze

Slight chance of dozing

Moderate chance of dozing

High chance of dozing

Q. 1-8