

Using the scale below, rate your chance of dozing/falling asleep in the following situations:  
 0 = would *never* doze or sleep                      2 = *moderate* chance of dozing or sleeping  
 1 = *slight* chance of dozing or sleeping            3 = *high* chance of dozing or sleeping

ACTIVITY	SCORE
Sitting and reading	
Watching TV	
Sitting inactive in a public place	
As a passenger in a car for an hour	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
Stopped for a few minutes in traffic while driving	
TOTAL	

**If you scored higher than 10, you may have a sleeping disorder.  
 Call your physician today for a referral.**

