



Test de Epworth

Do I suffer from sleep apnea?

How often do you feel sleepy/tired or fall asleep during the following situations?

Rate according to the Epworth test* scale:

Never

0

Sometimes

1

Often

2

Always

3

- Sitting and reading.
- Watching TV.
- Sitting inactive in a public place.
- As a passenger in a car for an hour without a break.
- Lying down to rest in the afternoon.
- Sitting and talking to someone.
- Sitting quietly after lunch (with no alcohol).
- In a car, while stopped in traffic.

TOTAL

If the final score is higher than 10, you have excessive tiredness and could suffer from obstructive sleep apnea (OSA).

Please contact your specialist.

*Epworth Sleepiness Scale. <https://healthysleep.med.harvard.edu/>