

# Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? Even if you haven't been in some of the situations recently, try to imagine how you would feel and react. Use the following scale to score each situation:

- 0** Would never doze or sleep
- 1** Slight chance of dozing or sleeping
- 2** Moderate chance of dozing or sleeping
- 3** High chance or dozing or sleeping



Situation	Chance of dozing
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 a lunch (no alcohol)	
In a car, while stopped for a few minutes in traffic	

## Score

- 1 - 6** Congratulations, you're likely getting enough sleep! 
- 7 - 8** Your score is the same as the average person, but it would be best to sleep more.
- 9 +** You're likely sleep deprived, and should seek advice of a medical professional if you're unable to get more sleep or don't feel rested after sleeping for seven or more hours per night.

*"Safety is a core value and business priority"*