

EPWORTH SLEEPINESS SCALE (ESS)

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate for each situation:

你曾否在以下的活动中出现打瞌睡或睡着的情况而不仅仅是感到累？可能你最近没有进行某些活动，你可就以往的表现来作出评估，在下表中选择最符合的选项。

- 0= would **never** doze 未曾发生瞌睡
 1= **slight** chance of dozing 很少机会瞌睡
 2= **moderate** chance of dozing 中等机会瞌睡
 3= **high** chance of dozing 很大机会瞌睡

	Never 0	/	Slight 1	/	Moderate 2	/	High 3
1- Sitting and reading 坐着阅读	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
2- Watching TV 看电视	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
3 - Sitting , inactive in a public place (e.g. a theatre or a meeting) 在公共场所坐下（如戏院或会议中）	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
4- As a passenger in a car for an hour without a break 坐车一小时中间未间断	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
5- Lying down to rest in the afternoon when circumstances permit 于环境许可时躺下休息	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
6- Sitting and talking to someone 坐着和别人交谈	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
7- Sitting quietly after a lunch without alcohol 午餐后坐下休息（没有喝酒的情况下）	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
8- In car, while stopped for a few minutes in the traffic 乘车或驾车时遇上停车等候	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>		<input type="radio"/>