

EPWORTH SLEEPINESS SCALE – SISWATI VERSION

(SIKALI SEKWETELA Se-EPWORTH)

KULULA KANGAKANANI KUTSI WETELE NOMA ULALE ZWI

KULETIMO LETILANDZELAKO, UMA UCATSANISA NEKUDZINWA NJE?

Lemibuto lelandzelako imayelana nendlela yakho yokuphila lejwayelekile. Noma-ke sekunesikhashana ungakenti letinye talentintfo, zama kucabanga kutsi kube bewutentile betitakuphatsa njani. Sebentisa lesikali lesilandzelako kukhetsa inombolo lecondzene nemphendvulo yakho.

0 = **Angeke** ngitumeke

2 = Kungenteka **kakhudlwana** ngitumeke

1 = Kungenteka **kancane** ngitumeke

3 = Kungenteka **kakhulu impela** ngitumeke

Simo	Kwenteka kwekutumeke			
Ngihleli ngifundza liphepha noma ibhuku	0	1	2	3
Ngibukela ithelevishini	0	1	2	3
Ngihleli, ngingenti lutfo endzaweni lesemphakatsini (njengasesontfweni noma emhlanganweni)	0	1	2	3
Ngingumgibeli emotweni sesihamba sikhatsi lesingangelihora singakemi	0	1	2	3
Ngicambalele ngiphumule nje entsambama uma simo sivuma	0	1	2	3
Ngihleli ngikhuluma nalomunye umuntfu	0	1	2	3
Ngihleli ngithulile ngemuva kwesidlo sasemini, ngingakanatsi tjwala	0	1	2	3
Ngisemotweni, ngisamile mizuzwana lembalwa nje emgwaceni kunaletinve timoto	0	1	2	3