

EPWORTH SLEEPINESS SCALE

(IsiXhosa Version)

KULULA NJANI UKUBA UFIKELWE NGUBUTHONGO OKANYE ULALE KWIIMEKO EZILANDELAYO, MA UQHATHANISA NOKUDINWA NJE?

Imibuzo elandelayo imelene nendlela yakho yempilo eqhelekileyo. Noma kunexeshana ungenzanga enye kwezizinto , zama ukucinga ukuthi ukuba ubuzenzile bezizokuphatha njani. Sebenzisa isikali esilandelayo ukuqhathanisa inombolo nempendulo yakho:

0 = **andisoze** ndilale

2 = **ngahle** ndilale

1 = ngahle ndilale **kancinci**

3 = **ndiqinisekile** ndizolala

Situation Imeko	Chance of Dozing Ukwenzeka Ndilale			
Ndihleli ndifunda iphepha okanye ibhuku	0	1	2	3
Ndibukele umabonwakude	0	1	2	3
Ndihleli, ndingenzi nto endaweni yomphakathi (njengase movie okanye enhlanganisweni)	0	1	2	3
Ndingumgibeli emotini, sekugqithe ihora	0	1	2	3
Ndingqengqile, ndiphumle ntambama uma imeko ivuma	0	1	2	3
Ndihleli ndithetha nomntu	0	1	2	3
Ndihleli ndithulile emva kwesidlo sasemini, ndingaselanga butywala	0	1	2	3
Emotini ndisamile okomzuzwana endleleni	0	1	2	3