

EPWORTH SLEEPINESS SCALE –isiZulu Version ISIKALI SOKOZELA SE-EPWORTH

**KULULA KANGAKANANI UKUTHI WOZELE NOMA ULALE ZWI
KULEZIZIMO EZILANDELAYO, UMA UQHATHANISA NOKUKHATHALA NJE?**

Lemibuzo elandelayo imaqondana nendlela yakho yokuphila ejwayelekile. Noma-ke sekunesikhashana ungazenzanga ezinye zalezizinto, zama ukucabanga ukuthi ukube ubuzenzile bezizokuphatha kanjani. Sebenzisa lesisikali esilandelayo ukukhetha inombolo eqondene nempendulo yakho:

0 = **angisoze** ngizumeke 2 = kungenzeka **kakhudlwana** ngizumeke
1 = kungenzeka **kancane** ngizumeke 3 = kungenzeka **kakhulu impela** ngizumeke

Isimo	Ukwenzeka kokuzumeke			
Ngihleli ngifunda iphepha noma ibhuku	0	1	2	3
Ngibukela ithelevishini	0	1	2	3
Ngihleli, ngingenzi lutho endaweni esemphakathini (njengasesithombeni noma emhlanganweni)	0	1	2	3
Ngingumgibeli emotweni sesihambe isikhathi esingangehora singamanga	0	1	2	3
Ngicambalele ngiphumule nje ntambama uma isimo sivuma	0	1	2	3
Ngihleli ngikhuluma nomunye umuntu	0	1	2	3
Ngihleli ngithule ngemuva kwesidlo sasemini, ngingaphuzanga tshwala	0	1	2	3
Ngisemotweni, ngisamile imizuzwana embalwa nje emgwaqeni kunezinye izimoto	0	1	2	3