

**Results of Epworth Sleepiness Questionnaire**

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| RESULTS | SLEEPINESS ASSESSMENT |
| Less than 10 | You are most likely getting enough sleep. However, if you still suspect problems do speak with your GP. |
| 10-16 | You may be suffering from daytime sleepiness and are advised to contact your GP to discuss this. |
| 16+ | You are dangerously sleepy. Please see your GP. |

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The Questionnaire contact information and permission to use: Mapi Research Trust,Lyon, France

Internet: <https://eprovide.mapi-trust.org>