# Epworth Sleepiness Scale

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 number for each situation:

<table>
<thead>
<tr>
<th>SITUATION</th>
<th>Unlikely to ever feel sleepy</th>
<th>Mild chance of becoming sleepy</th>
<th>Moderate chance of becoming sleepy</th>
<th>High chance of becoming sleepy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting and Reading</td>
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<tr>
<td>Watching TV</td>
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<tr>
<td>Sitting inactive in public places eg. theater or a meeting</td>
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<tr>
<td>As a passenger in a car for an hour without break</td>
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<td>In a car, while stopped for a few minutes in traffic</td>
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<tr>
<td>Lying down in the afternoon to rest if circumstances permit</td>
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<tr>
<td>Sitting and talking to someone</td>
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<tr>
<td>Sitting quietly after lunch without alcohol</td>
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</tbody>
</table>

**ESS SCORE:** __________________________

# Ghuge Fatigue Scale

How many hours of the day do you feel tired?
- Less than 2 hrs.
- 2-4 hrs.
- 4-6 hrs.
- 6 - 8 hours
- More than 8 hrs.

What is the intensity of your fatigue?
- 0
- 1
- 2
- 3
- 4
- 5

How long have you experienced fatigue?
- Less than a week
- 1 wk - 1 month
- 1 month - 6 months
- 6 months - 1 year
- More than 1 year

Does your fatigue interfere with your lifestyle?
- YES
- NO

Does your fatigue interfere with your work?
- YES
- NO

**GFS SCORE:** __________________________

Reviewed by [Name]  Date [Date]

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