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Epworth Sleepiness Scale (ESS)**

Availability	<p>Please visit this website for more information about the instrument: <u>Epworth Sleepiness Scale.</u></p>
Classification	<p>Supplemental – Sickle Cell Disease (SCD)</p>
Short Description of Instrument	<p>The Epworth Sleepiness Scale (ESS) was developed in 1991 and is the most widely used subjective scale of daytime somnolence.</p> <p>As with all subjective scales, participants may not recognize sleepiness, particularly when chronic.</p> <p>Translations are available in over 20 languages and the Scale can be completed in less than 5 minutes.</p> <p>See Epworth Sleepiness Scale - Children and Adolescents Version (ESS-CHAD) for children and adolescents aged 5-18.</p> <p>The Epworth Sleepiness Scale for Children and Adolescents (ESS-CHAD) is like the adult Epworth Sleepiness Scale (ESS) (Johns 1991) except for changes to instructions and descriptions of activities that make the scale more comprehensible to children and adolescents (Johns 2015a, 2015b).</p> <p>The ESS-CHAD differs from the ESS in the following ways (Johns 2015b):</p> <ul style="list-style-type: none">○ The recall interval is more clearly specified as 'over the last month'.○ The reference to alcohol is omitted from question 7, and 'a classroom at school' is specified as the public place in question 3.○ Question 8 is replaced by a question asking about falling asleep while 'sitting and eating a meal'. <p>The ESS-CHAD is like the adult ESS in that the conceptual framework is the same, it is scored the same way, and the activities of both scales have the same relative somnificities.</p> <p>Population: Children and adolescents 5-18</p>

Comments/Special Instructions	N/A
Scoring and Psychometric Properties	<p>Rated from 0-24, with high scores indicating worse sleepiness.</p> <p>General interpretation is as follows</p> <p>0-5 Lower Normal Daytime Sleepiness</p> <p>6-10 Higher Normal Daytime Sleepiness</p> <p>11-12 Mild Excessive Daytime Sleepiness</p> <p>13-15 Moderate Excessive Daytime Sleepiness</p> <p>16-24 Severe Excessive Daytime Sleepiness</p>
Rationale/Justification	<p>Strengths/Weaknesses: The ESS is indicated for studies requiring a subjective measure of 'sleep propensity' (i.e. sleepiness). It has been extensively used in the general population and many health conditions.</p>
References	<p>Key references:</p> <p>Johns MW. A new method for measuring daytime sleepiness: the Epworth sleepiness scale. <i>Sleep</i>. 1991;14(6):540-545.</p> <p>Johns MW. A new perspective on sleepiness. <i>Sleep Biol Rhythm</i>, 2010; 8: 170-179.</p>