

Epworth Sleepiness Scale (ESS)

Description

Epworth sleepiness scale is a self-reported questionnaire to assess the daytime sleepiness of subjects. The questionnaire consists of 8 questions and asks the subject to rate, on a 4-point scale (0 ~ 3), their chances of dozing off or falling asleep in 8 different situations or activities. This dataset contains the Epworth sleepiness scale score derived from the original responses. Refer to [Official website of ESS, Johns 1991] for the details of this questionnaire and scoring algorithm.

Study Sample

227 participants in this study completed ESS.

Data Collection Method

ESS questionnaire was self-administered in paper-and-pencil format on the arrival day at the clinic.

Reference

Official website of the Epworth Sleepiness Scale, <http://epworthsleepinessscale.com/>

Johns MW. A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. Sleep 1991; 50-55