

### Assessing Your Level of Alertness

How likely are you to nod off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you haven't done some of these things recently, try to work out how they would have affected you. It is important that you answer each question as best you can. Use the following scale to choose the most appropriate number for each situation.

0 = Would never nod off

1 = Slight chance of nodding off

2 = Moderate chance of nodding off

3 = High chance of nodding off

Sitting and reading	Watching TV	Sitting, inactive, in a public place (e.g, in a meeting or restaurant)	As a passenger in a car for >1 hour without stopping for a break	Lying down to rest when circumstances permit	Sitting and talking to someone	Sitting quietly after a meal without alcohol	In a car, while stopped for a few minutes in traffic or at a traffic light	TOTAL

Add up your points to get your total score. A score of 10 or greater raises concern: you may need to get more sleep, improve your sleep practices, or seek medical attention to determine why you are sleepy.