

Outcome Measure	Epworth Sleepiness Scale (ESS)
Sensitivity to Change	Yes
Population	Adult
Domain	TBI-Related Symptoms
Type of Measure	Self-report
ICF-Code/s	b4
Description	<p>The Epworth Sleepiness Scale (ESS) is a scale intended to measure daytime sleepiness that is measured by use of a very short questionnaire. This can be helpful in diagnosing sleep disorders. It was introduced in 1991 by Dr Murray Johns of Epworth Hospital in Melbourne, Australia.</p> <p>The questionnaire asks the subject to rate his or her probability of falling asleep on a scale of increasing probability from 0 to 3 for eight different situations that most people engage in during their daily lives, though not necessarily every day. The scores for the eight questions are added together to obtain a single number. A number in the 0–9 range is considered to be normal while a number in the 10–24 range indicates that expert medical advice should be sought. For instance, scores of 11-15 are shown to indicate the possibility of mild to moderate sleep apnea, where a score of 16 and above indicates the possibility of severe sleep apnea or narcolepsy. Certain questions in the scale were shown to be better predictors of specific sleep disorders, though further tests may be required to provide an accurate diagnosis.</p> <p>The questionnaire was originally created with the intent to preserve the exact wording of the questionnaire to provide a standardized test and to preserve its validity; the author of the ESS recommends that the administrator of the questionnaire does not discuss the results of the ESS with the subject until it is completed, as this may affect the subject's responses on the questionnaire.</p>
Properties	<p>There is a high level of internal consistency between the eight items in the ESS as measured by Cronbach's alpha, ranging from 0.74 to 0.88. Numerous studies using the ESS have supported high validity and reliability.</p> <p>The original paper (Johns, 1992) found high internal consistency of Cronbach's $\alpha = .88$, and in a factor analysis, only 1 factor was detected.</p>
Advantages	The ESS has been translated into Spanish, Portuguese, Italian, German, Swedish, Finnish, Greek, French, Mandarin, Japanese and Turkish.
Disadvantages	As a subjective measure is less sensitive to sleepiness than objective measures (e.g. Multiple Sleep Latency Test ; MSLT)
Additional Information	

Reviewers	Jennie Ponsford
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References

Johns, M.W., A new method for measuring daytime sleepiness: the Epworth sleepiness scale. *Sleep*, 1991. 14: p. 540-545.