

Situation:

- Sitting and reading.....
- Watching TV.....
- Sitting, inactive in a public space (eg: theater or a meeting).....
- As a passenger in a car for an hour without a break.....
- Lying down to rest in the afternoon when circumstances permit.....
- Sitting and talking to someone.....
- Sitting quietly after a lunch without alcohol.....
- In a car, while stopped for a few minutes in the traffic.....

Chance of dozing:

never	slight	moderate	high

Total Check Marks:
(Points per check mark)

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0 1 2 3

Total Score:

Score:	0-10	10-12	12-24
	Normal	Borderline	Abnormal