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Epworth Sleepiness Scale (ESS)**

Availability:	<p>Please visit this website for more information about the instrument: Epworth Sleepiness Scale Link</p> <p>Author: Murray Johns, mjohns@optalert.com, MAPI Research Trust, in Lyon, France</p>
Classification:	<p>Supplemental- Highly Recommended: Myotonic Dystrophy (DM)- Recommended for QOL, functional status, therapy</p> <p>Supplemental: Parkinson’s Disease (PD)</p> <p>Exploratory: Amyotrophic Lateral Sclerosis (ALS) and Spinal Cord Injury (SCI)</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. 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>
Scoring:	<p>Rated from 0-24, with high scores indicating worse sleepi ness</p>
References:	<p>Johns MW. A new method for measuring daytime sleepiness: the Epworth sleepiness scale. <i>Sleep</i> 1991 ;14:540-545</p> <p>Hogl B, Saletu M, Brandauer E, et al. Modafinil for the treatment of daytime sleepiness in Parkinson's disease: a double-blind, randomized, crossover, placebo-controlled polygraphic trial. <i>Sleep</i> 2002;25:905-909</p> <p>Adler CH, Caviness JN, Hentz JG, Lind M, Tiede J. Randomized trial of modafinil for treating subjective daytime sleepiness in patients with Parkinson's disease. <i>Mov Disord</i> 2003;18:287-293</p>