Empirical Sleepiness and Fatigue Scales

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Test Shown: Full

Test Format:
The ESS is scored on a four-point scale (0=never doze off, 3=high chance of dozing) and the FSS is scored on a six-point Likert scale (1=strongly disagree, 6=strongly agree).

Source:

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Items

**Empirical Sleepiness Scale items**

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?

- Sitting and reading
- Watching TV
- Sitting inactive in a public place (e.g., theatre, meeting)
- As a passenger in a car for an hour when circumstances permit
- Sitting and talking to someone
- Sitting quietly after lunch without alcohol

**Empirical Fatigue Scale items**

- Exercise brings on my fatigue
- I start things without difficulty but get weak as I go on
- I lack energy

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*a All items from the Epworth Sleepiness Scale [22]. Scoring is on a 4-point scale (0 = never doze off, 3 = high chance of dozing), with a range of 0 to 18; higher scores indicate greater sleepiness.

*b Scoring is on a 6-point Likert scale (1 = strongly disagree, 6 = strongly agree) with a range of 3 to 18; higher scores indicating greater fatigue.

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