

### Epworth Sleepiness Scale (ESS)

In the past week how likely are you to doze off in the following situations:

Sitting and reading \_\_\_\_\_

Watching TV \_\_\_\_\_

Sitting inactive in a public place (e.g., theater or 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 \_\_\_\_\_

In a car while stopped for a few minutes in traffic \_\_\_\_\_

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### Epworth Sleepiness Scale (ESS)

- Scoring
  - 0=never
  - 1=slight chance of dozing
  - 2=moderate chance of dozing
  - 3=high chance of dozing
- Add up scores to get total
- Scores  $\geq 10$  indicate abnormal daytime sleepiness
  - Scores of  $\geq 16$  indicative of pathological sleepiness; usually associated with a diagnosis of untreated obstructive sleep apnea or narcolepsy

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### Pittsburg Sleep Quality Index (PSQI)-Scoring

- Component 1: Score from #9
- Component 2: Score from #2
  - a.  $\leq 15$  min=0    16-30 min=1    31-60 min=2    >60 min=3
  - b. add above to score from #5a
  - c. if sum of a+b=0, then use 0
  - if sum of a+b=1 or 2 then use 1
  - if sum of a+b=3 or 4 then use 2
  - if sum of a+b=5 or 6 then use 3
- Component 3: Score from #4
  - >7 hrs=0    6-7 hrs=1    5-6 hrs=2    <5 hrs=3

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**Pittsburg Sleep Quality Index (PSQI)-Scoring** 

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- Component 4: Total number of hours asleep/total number of hours in bed X 100  
 $>85\%=0$     $75\%-84\%=1$     $65\%-74\%=2$     $<65\%=3$
- Component 5: Sum of scores from 5b to 5j  
 $0=0$     $1-9=1$     $10-18=2$     $19-27=3$
- Component 6: Score from #6
- Component 7: Add score from #7 and #8  
 $0=0$     $1-2=1$     $3-4=2$     $5-6=3$
- Total Score: add up scores from Components 1-7

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**Pittsburg Sleep Quality Index (PSQI)-Results** 

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- Total scores range from 0 to 21
- Scores of  $\geq 5$  recent sample of nurses participating in Fatigue Countermeasures Program for Nurses
  - 86% had scores of  $\geq 5$  at baseline and 86% had scores  $\geq 5$  after intervention
  - Mean score decreased from  $8.79 \pm 3.57$  to  $8.33 \pm 2.87$  after Fatigue Countermeasures Program, but difference was not significant

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**Pittsburg Sleep Quality Index (PSQI)-Results** 

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- Component 1: Subjective Sleep Quality
- Component 2: Sleep latency (how long it takes to fall asleep)
  - Healthy adults usually fall asleep within 20 minutes
  - Factors to consider if long sleep latency include caffeine intake, anxiety and other psych-related issues, and shift work
- Component 3: Sleep duration
- Component 4: Sleep efficiency
  - Sleep efficiency in healthy adults usually  $> 85\%$  or  $90\%$

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**Pittsburg Sleep Quality Index (PSQI)-Results** 

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- Component 5: Difficulties falling and staying asleep (asleep)
  - Due to insomnia
  - Due to nocturia
  - Due to breathing difficulties or sleep apnea
  - Due to environmental temperatures
  - Due to pain or bad dreams
  
- Component 6: Use of sleeping medication
  - Most over the counter medications limited efficacy, many have an antihistamine base with Tylenol or other analgesic
  - Hypnotics are more effective and should be used sparingly
  - Behavioral therapies are most effective approach for improving ability to fall asleep and stay asleep (unless work night shift)

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**Pittsburg Sleep Quality Index (PSQI)-Results** 

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- Component 7: Daytime dysfunction
  - Excessive daytime sleepiness due to insufficient sleep, sleep apnea, depression or other medical problems
  - Depression

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