

Not getting enough zzzs?

Sleep deprivation is taking a big toll on many of us. Thirty-seven percent of American adults are so sleepy during the day that their daily activities are affected. Lack of sleep has been linked to health and behavioral problems, decreased productivity and safety issues. Are you suffering from a lack of zzzs?

The *Epworth Sleepiness Scale* is a sleep assessment tool used by sleep experts worldwide to gauge general daytime sleepiness levels. Use the scale to rate the likelihood that you would doze off during the activity. Choose the most appropriate number for each situation:

- 0 – Would never doze 2 – Moderate chance of dozing
1 – Slight chance of dozing 3 – High chance of dozing

Situation	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (such as theater, meeting or park)	
As a car passenger for an hour without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
In a car while stopped in traffic	
Sitting quietly after lunch without alcohol	
Total Score	

What's your score?

If it's 10 or higher, discuss the results with your doctor. You may have a health problem or sleep disorder that needs medical attention, or perhaps you're not scheduling enough sleep time at night. Experts recommend seven to nine hours of sleep each night for adults. Make sleep a high priority on your to-do list.



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