

How likely are you to doze off during the day?

Most adults feel tired throughout the day. In many cases, it can be chalked up to a busy lifestyle, stress, and maybe even an over-reliance on caffeine. But what if it's more than that? Is your sleepiness in a normal range... or could it point to something more troubling? Remember to always visit a licensed physician for diagnosis.

Sitting and reading

- No chance of dozing
- Slight chance of dozing
- Moderate chance of dozing
- High chance of dozing

Watching television

- No chance of dozing
- Slight chance of dozing
- Moderate chance of dozing
- High chance of dozing

Sitting inactive in a public place (e.g., a theater or a meeting)

- No chance of dozing
- Slight chance of dozing
- Moderate chance of dozing
- High chance of dozing

As a passenger in a car for an hour without a break

- No chance of dozing
- Slight chance of dozing
- Moderate chance of dozing
- High chance of dozing

Lying down to rest in the afternoon when circumstances permit

- No chance of dozing
- Slight chance of dozing
- Moderate chance of dozing
- High chance of dozing

Sitting and talking to someone

- No chance of dozing
- Slight chance of dozing
- Moderate chance of dozing
- High chance of dozing

Sitting quietly after a lunch without alcohol

- No chance of dozing
- Slight chance of dozing
- Moderate chance of dozing
- High chance of dozing

In a car, while stopped for a few minutes in traffic

- No chance of dozing
- Slight chance of dozing
- Moderate chance of dozing
- High chance of dozing

SCORE: Add up your score for each scenario. **0–10** Normal range | **10–12** Borderline | **12–24** Sleepy

0= would never doze, 1= slight chance of dozing, 2= moderate, 3= high