
Am I sleepy?

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling very tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the *most appropriate number* for each situation:

0 = would *never* doze

1 = *slight* chance of dozing

2 = *moderate* chance of dozing

3 = *high* chance of dozing

Situation	Chance of dozing
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place (e.g. a theater or a 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	_____
Sitting quietly after lunch without alcohol	_____
In a car, while stopped for a few minutes in the traffic	_____

Add up your responses. Is the score 10 or greater? Such a score is very rare for someone with insomnia and is suggestive of something else going on, in addition to, or instead of, the insomnia. People with insomnia are exhausted and feel as though they *could* fall asleep, however, they are so wired that they are most often *unable* to fall sleep. If your score was 10 or greater, please discuss this with your therapist if you are in a treatment study at our program, otherwise, please raise the issue with your family doctor.