

Stanford Sleepiness Scale (modified)

The Stanford Sleepiness Scale (SSS) is a quick and easy way to track how alert or sleepy you feel around the clock. The SSS was developed in 1973 to assess mental alertness vs. sleepiness, not physical tiredness or fatigue. It has had widespread use for that purpose and can help us evaluate when your highest subject sleep drive occurs.

Throughout the day and night just rate your level by the scale below. Do not wake up just to enter the score, or if you are almost asleep. That can wait until later. Also, don't worry about to the exact minute, just close enough. We are trying to see how it varies through the day as you perceive it at that time.

Enter the score in the table on the next page. Then place an X on the visual scale to the side. This will help you see as your alertness/sleepiness varies through the day.

I have made a couple minor modifications for our use.

Degree of Sleepiness:	Score
Feeling active, vital, alert, or wide awake	1
Functioning at high levels, but not at peak; able to concentrate	2
Awake, but relaxed; responsive but not fully alert	3
Somewhat foggy, let down	4
Foggy; losing interest in remaining awake; slowed down	5
Sleepy, woozy, fighting sleep; prefer to lie down	6
No longer fighting sleep, sleep onset soon; having dream-like thoughts	7
Asleep	S

