

Study on the Evaluation of Average Daytime Sleepiness among Female College Students using ESS Questionnaire

The development and use of a new scale, the Epworth sleepiness scale (ESS), is described. This is a simple, self-administered questionnaire which is shown to provide a measurement of the subject's general level of daytime sleepiness. Two hundred adults answered the ESS, They rated the chances that they would doze off or fall asleep when in eight different situations commonly encountered in daily life. The highest mean was found for the question number 7 i.e. the highest chance of dozing was sitting quietly after a lunch without alcohol, followed by question one i.e. sitting and reading. Results show that category of daytime sleepiness was significantly correlated with Body Mass Index (BMI) and anxiety score.