

Attachment 4

Stanford Sleepiness Scale

OMB Control #: 0925-xxxx Expiration Date: mm/dd/yyyy

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Study: MSD

Participant: _____

Visit: _____

Pre-drive: 1 or 2

Post-drive: 1 or 2

Date: _____

Sleepiness Scale

Degree of Sleepiness	Scale Rating
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	X