

Fatigue – Online Screening Tools

The Fatigue Severity Scale (FSS)

<https://www.onlineassessmenttool.com/fatigue-severity-scale-fss-of-sleep-disorders/assessment-53375>

The Fatigue Severity Scale (Krupp, LaRocca, Muir-Nash, & Steinberg, 1989) is a 9-item questionnaire to determine the impact of fatigue based on self-report over the past week.

Epworth Sleepiness Scale

<https://www.cdc.gov/niosh/work-hour-training-for-nurses/02/epworth.pdf>

The Epworth Sleepiness Scale (ESS) is a scale intended to measure daytime sleepiness that is measured by use of a very short questionnaire. This can be helpful in diagnosing sleep disorders. It was introduced in 1991 by Dr Murray Johns of Epworth Hospital in Melbourne, Australia.

Epworth Sleepiness Scale¹¹

How likely are you to nod off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times.

Even if you haven't done some of these things recently, try to work out how they would have affected you. It is important that you answer each question as best you can.

Use the following scale to choose the most appropriate number for each situation.

	Would never nod off 0	Slight chance of nodding off 1	Moderate chance of nodding off 2	High chance of nodding off 3
Sitting and reading				
Watching TV				
Sitting, inactive , in a public place (e.g., in a meeting, theater, or dinner event)				
As a passenger in a car for an hour or more without stopping for a break				
Lying down to rest when circumstances permit				
Sitting and talking to someone				
Sitting quietly after a meal without alcohol				
In a car, while stopped for a few minutes in traffic or at a light				

Add up your points to get your total score. A score of 10 or greater raises concern: you may need to get more sleep, improve your sleep practices, or seek medical attention to determine why you are sleepy.