• The purpose of the ODSI is to quantify diurnal sleepiness.

• The examiner should complete the ODSI based on information about the patient from the patient him-/herself, informants (such as a family member or other caregiver) who can observe the patient in everyday life, and other sources consistent with customary clinical practice.

• The ODSI, composed of 3 standardized questions, is administered as an interview by a health professional (total scores range is 0 “non-sleepy” - 24 “extremely sleepy”).

• The first question helps to assess sleepiness or falling asleep in active situations or situations where a high level of stimulation is required. The score range is 0-12. The examiner must decide whether the rating lies on the defined scale steps (0, 8, 10, 12) or between them (7, 9, 11) and then record the appropriate number.

• The second question helps to assess sleepiness or falling asleep in passive situations or situations where a low level of stimulation is required. The score range is 0-6. The examiner must decide whether the rating lies on the defined scale steps (0, 2, 4, 6) or between them (1, 3, 5) and then record the appropriate number.

• The third question helps to estimate the average total duration of sleep during the day, including feeling sleepy, dozing off and taking naps. The score range is 0-6. The examiner must decide whether the rating lies on the defined scale steps (0, 2, 4, 6) or between them (1, 3, 5) and then record the appropriate number.

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Name (Last name, first name): ............................ Age : .... Date : ............

The following questions refer to recent patterns of sleepiness and sleep occurring during daytime activities or rest as reported both by the subject and/or an outside observer.

1. Do you fall asleep or do you feel sleepy during basic activities of daily living (washing, dressing, eating, talking, driving or similar conditions …)?
   0. Not at all
   7.  
   8. Mildly.
   9.  
   10. Moderately.
   11.  
   12. Very frequently.

2. Do you fall asleep or do you feel sleepy during periods of inactivity or activities with low- level stimulation (reading, watching TV, listening to a conversation, listening to music or similar activities …)?
   0. Not at all
   1.  
   2. Mildly.
   3.  
   4. Moderately.
   5.  
   6. Very frequently.

3. During the day, on average, how many hours of sleep do you get?
   This includes feeling sleepy, dozing off and taking naps (this could be while you are seated or lying down).
   0. About ½ hour or less
   1.  
   2. About 2 hours
   3.  
   4. About 4 hours
   5.  
   6. About 6 hours or plus

Total score: …… /24