

# KAROLINSKA SLEEPINESS SCALE

*Please, indicate your sleepiness during the five minutes before this rating through circling the appropriate description*

1=extremely alert

2=very alert

3=alert

4=rather alert

5=neither alert nor sleepy

6=some signs of sleepiness

7=sleepy, but no effort to keep awake

8=sleepy, some effort to keep awake

9=very sleepy, great effort to keep awake,  
fighting sleep

## **References**

Original study: Åkerstedt, T. and Gillberg, M. Subjective and objective sleepiness in the active individual. *International Journal of Neuroscience*, 1990, 52: 29-37.

Recent review: Åkerstedt, T., Anund, A., Axelsson, J. and Kecklund, G. Subjective sleepiness is a sensitive indicator of insufficient sleep and impaired waking function. *Journal of Sleep Research*, 2014, 23: 240-52.