NP FADY
npfady.com

Sleepy or Tired? A Sorting Sheet

Describe what actually happens, in your own words, so a clinician can choose the next question. There is no score and no cutoff here, and this sheet does not reproduce the Epworth Sleepiness Scale.

If you cannot stay awake, stop the task first. Pull over at the first safe place and stop driving. Do not start again while you cannot stay alert. Arrange another ride, transit, or somewhere safe to rest, and contact a clinician that day. Never enter a risky situation on purpose to see what happens.

Words, not points. Mark whichever fits: pulled toward sleep, low energy without any pull toward sleep, both, or unclear. Sleepiness and fatigue overlap, and telling them apart is exactly what changes the next question a clinician asks.

Date	Pulled toward sleep, low energy, both, or unclear?	What was happening	Fell asleep without meaning to?	How long to feel alert after waking	Effect on safety	Anything else you noticed

What a clinician sorts this into

Sleep opportunity. Apnea. Circadian timing. Mood. A medical cause. A medicine or substance effect. Narcolepsy. Idiopathic hypersomnia. Something else. You do not need to choose one — the description is what helps.

On a hard day. One episode of falling asleep without meaning to, or one stretch of severe fatigue: what was happening, and what it affected.

Education, not medical advice. Evidence and U.S. guidance checked through September 8, 2026. If you are in crisis, call or text 988 or use the 988 Lifeline chat. For an immediate threat to life or a medical emergency, call 911. Outside the United States, use your local crisis or emergency service.

This worksheet accompanies the essay *Ten Hours of Sleep and Still Exhausted*. Clinical review: Fady Boules, PMHNP-BC.