

**Sleep Apnea Screening STOP BANG Questionnaire
and Epworth Sleepiness Scale**

Patient name: _____ Date: _____

STOP BANG

Please answer yes or no

S (snore)

Do you snore? Yes No

T (tired)

Do you feel fatigued during the day? Yes No

Do you wake up feeling like you haven't slept? Yes No

O (obstruction)

Have you been told you stop breathing at night? Yes No

Do you gasp for air or choke while sleeping? Yes No

P (pressure)

Do you have high blood pressure or are on medication to control high blood pressure? Yes No

SCORE: If you have checked YES to two or more questions on the STOP portion you are at risk for OSA.

B (BMI)

Is your body mass index greater than 28? Yes No
(BMI = $703 \times \text{weight (lbs)} / (\text{height (inches)})^2$)

A (age)

Are you 50 years old or older? Yes No

N (neck)

Are you a male with neck circumference greater than 17 inches, or a female with neck circumference greater than 16 inches? Yes No

Patient name: _____ Date: _____

G (gender)

Are you a male?

Yes

No

SCORE: The more questions you checked YES to on the BANG portion, the greater your risk of having moderate to severe OSA.

Epworth - Rate 0-3 for each scenario

How likely are you to doze off or fall asleep in the situations described below, 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. Use the affected you. Use the following scale to choose the most appropriate number for each situation:

0 = Would never doze

1 = Slight chance of dozing.

2 = Moderate chance of dozing

3 = High chance of dozing.

____ Sitting and reading

____ Watching TV

____ Sitting inactive in a public place (e.g. a theater or a meeting)

____ Sitting in a car as a passenger for a continuous hour

____ Lying down to rest in the afternoon when circumstances permit

____ Sitting and talking with someone

____ Sitting quietly after a lunch without alcohol

____ Sitting in a car stopped in traffic for a few minutes

SCORE: Add up your score for each scenario.

Normal range = 0-10

Borderline = 10-12

Sleepy = 12-24