



Oklahoma Heart Institute Sleep Care of Hillcrest Medical Center

Name _____ Male Female Age _____ Height _____ Weight _____

STOP-BANG Sleep Apnea Questionnaire

Chung F et al Anesthesiology 2008 and BJA 2012

- Do you **SNORE** loudly (louder than talking or loud enough to be heard through closed doors)? YES NO
- Do you often feel **TIRED**, fatigued, or sleepy during daytime? YES NO
- Has anyone **OBSERVED** you stop breathing during your sleep? YES NO
- Do you have or are you being treated for high blood **PRESSURE**? YES NO
- BMI** more than 35kg/m²? YES NO
- AGE** over 50 years old? YES NO
- NECK** circumference > 16 inches (40cm)? YES NO
- GENDER**: Male? YES NO

Total Score

High risk of OSA Yes 5-8
Intermediate risk of OSA Yes 3-4
Low risk of OSA Yes 0-2

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations? 0-Never, 1-Slight, 2-Moderate, 3-High

- Sitting and reading _____
- Watching TV _____
- Sitting, inactive in public place _____
- As a passenger in a car for an hour without a break _____
- Lying down to rest in the afternoon _____
- Sitting and talking to someone _____
- Sitting quietly after lunch without alcohol _____
- In a car stopped for a few minutes in traffic _____

Total Score

Score 10-15 May need to seek medical treatment
Score 16-24 Should consider medical treatment

Untreated OSA carries serious long term consequences including heart disease, stroke, diabetes, car accidents, sexual dysfunction, and death. For this reason, it is strongly recommended that high and intermediate risk patients have a formal evaluation for OSA from a sleep medicine center. Take this form and contact Oklahoma Heart Institute Sleep Care at 918-747-5337, option 3, to arrange an evaluation by a board-certified sleep physician who can advise any necessary testing and treatment.