Sleep Apnea Screening Questionnaire – ‘STOP BANG’

This a revision of the popular STOP BANG sleep apnea screening questionnaire. The scoring system is at the bottom.

[fruitful_sep]

<table>
<thead>
<tr>
<th>Sleep Apnea Screening Questions</th>
<th>Yes = 1</th>
<th>No = 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you SNORE loudly?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you often feel tired, fatigued, or sleepy during the daytime?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have or are you being treated for high blood pressure?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you obese/ very overweight – BMI more than 35 kg/m²?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neck Circumference &gt;16 inches?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you male?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Add Up Your Score – >

0 – 2, low risk of sleep apnea

3 – 4 intermediate risk of having sleep apnea

5 – 8 then you are at high risk of having sleep apnea

Sleep Apnea Screening Test Infographic
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes/No</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snoring?</td>
<td>Yes/No</td>
<td>Do you find that you snore very loudly?</td>
</tr>
<tr>
<td>Tired?</td>
<td>Yes/No</td>
<td>Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed purus neque.</td>
</tr>
<tr>
<td>Observed?</td>
<td>Yes/No</td>
<td>Has anyone observed you stop breathing during your sleep?</td>
</tr>
<tr>
<td>Blood Pressure?</td>
<td>Yes/No</td>
<td>Do you have or are you being treated for high blood pressure?</td>
</tr>
<tr>
<td>BMI?</td>
<td>Yes/No</td>
<td>Are you obese/ very overweight – BMI more than 35 kg/m2?</td>
</tr>
<tr>
<td>Age?</td>
<td>Yes/No</td>
<td>Are you over 50 years old?</td>
</tr>
<tr>
<td>Neck Thickness?</td>
<td>Yes/No</td>
<td>Is your neck Circumference greater than 16 inches?</td>
</tr>
<tr>
<td>Gender</td>
<td>Yes/No</td>
<td>Are you male?</td>
</tr>
</tbody>
</table>

| Your total                                                             |              |                                                                             |
0 – 2, then low risk of sleep apnea
3 – 4, then you are at intermediate risk of having sleep apnea
5 – 8 of the above, then you are at high risk of having sleep apnea

Source: Toronto Western Hospital, University Health Network University of Toronto