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# 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]

## Sleep Apnea Screening

### Questions

Yes = 1

No = 0

Do you SNORE loudly?

Do you often feel tired, fatigued,  
or sleepy during the daytime?

Do you have or are you being  
treated for high blood pressure?

Are you obese/ very overweight  
– BMI more than 35 kg/m2?

Neck Circumference >16 inches?

Are you male?

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



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		<b>SLEEP APNEA</b>
		<b>Screening Test</b>
<b>How Do You Score?</b>		
	Yes = 1	
Yes/No		<b>Snoring?</b> Do you find that you snore very loudly?
Yes/No		<b>Tired?</b> Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sed purrs neque.
Yes/No		<b>Observed?</b> Has anyone observed you stop breathing during your sleep?
Yes/No		<b>Blood Pressure?</b> Do you have or are you being treated for high blood pressure?
Yes/No		<b>BMI?</b> Are you obese/ very overweight – BMI more than 35 kg/m2?
Yes/No		<b>Age?</b> Are you over 50 years old?
Yes/No		<b>Neck Thickness?</b> Is your neck Circumference greater than 16 inches?
Yes/No		<b>Gender</b> Are you male?
		<b>Your total</b>

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

**ASA**  
American Sleep Association®

Source: [www.stopbang.ca](http://www.stopbang.ca)

*Toronto Western Hospital, University Health Network  
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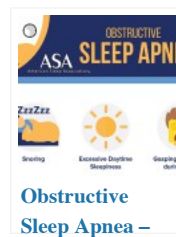
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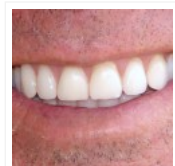
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Sleep Apnea



How Can I Stop Snoring



How to Stop Grinding Your

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Tony March 28, 2017 at 8:41 pm

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Can I wear adult diapers for bedwetting at night for my sleep test overnight

Trudi Wride April 25, 2017 at 3:01 am

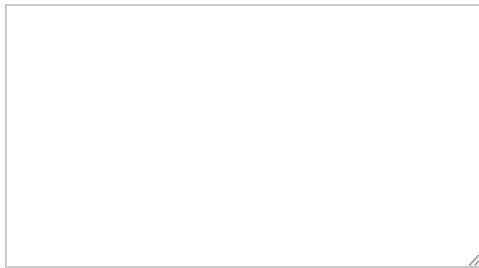
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So how does this neck size work for someone who's 6ft 4?

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