

STOP-BANG Questionnaire

What is Obstructive Sleep Apnea (OSA)?

It is when your breathing stops or slows down while you are sleeping.

If you snore loudly or gasp for air when you sleep, or you are always tired, you may have OSA.

OSA is often present with other diseases. If OSA is overlooked, it could be bad for your health.

- 43 million Americans currently have OSA
- 50% of patients with diabetes have OSA
- 30% of patient with high blood pressure have OSA

Complete the questionnaire below to know if you are at risk of OSA.

| Patient Information | |
|------------------------------|--|
| Name: | Date: |
| Male/Female (M/F): | Age (years): |
| Height ____ Feet ____ Inches | Body Mass Index (BMI): |
| Weight (pounds): | Neck or collar size (in inches; office staff can measure): |

| STOP-BANG | YES | NO |
|---|-----|----|
| Do you SNORE loudly (i.e., louder than talking or loud enough to be heard through closed door(s))? | | |
| Do you often feel TIRE D, fatigued, or sleepy during the day? | | |
| Has anyone OBSERVED that you have stopped breathing while sleeping? | | |
| Do you have or are you being treated for high blood PRESSURE ? | | |
| BMI more than 35 kg/m ² ? | | |
| Are you more than 50 years of AGE ? | | |
| Is your NECK 17 inches or greater for men (16 inches for women)? | | |
| Male GENDER ? | | |

Yes to 3 or more questions means you are at high risk.