

# Sleep Apnea Screening & Assessment

Name:
HSN:
Birthdate:

## Epworth Sleepiness Scale:

How likely are you to doze off or fall asleep in the following situations, in comparison to feeling just tired? This refers to your usual way of life in recent times.

Use the 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 still in a public place (ie. meeting or theatre)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when the circumstances allow	
Sitting and talking to someone	
Sitting quietly after lunch without having drunk alcohol	
In a car or bus while stopped for a few minutes in traffic	
<b>TOTAL</b>	

**Sleepiness Score Ranges:** 0-6 Normal | 7-10 Mild | 11-16 Moderate | 17+ Severe

## STOP-Bang Questionnaire: A screening tool for sleep apnea

Circle yes or no on the below questions:

<b>S</b>	Do you <b>Snore Loudly</b> (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night?)	<b>Yes</b>	<b>No</b>	<b>Unknown</b>
<b>T</b>	Do you often feel <b>Tired, Fatigued, or Sleepy</b> during the daytime (such as falling asleep during driving or talking to someone)?	<b>Yes</b>	<b>No</b>	<b>Unknown</b>
<b>O</b>	Has anyone <b>Observed</b> you stop breathing or choking/gasping during your sleep?	<b>Yes</b>	<b>No</b>	<b>Unknown</b>
<b>P</b>	Do you have or are being treated for <b>High Blood Pressure</b> ?	<b>Yes</b>	<b>No</b>	<b>Unknown</b>

<b>B</b>	Is your <b>BMI</b> more than 35 kg/m <sup>2</sup> ? (See BMI calculation chart on back page.)	<b>Yes</b>	<b>No</b>	<b>Unknown</b>
<b>A</b>	Are you <b>AGE</b> 50 or older?	<b>Yes</b>	<b>No</b>	<b>Unknown</b>
<b>N</b>	For males, is your <b>Neck Size</b> (shirt collar) 17"/43 cm or larger? For females, is your <b>Neck Size</b> (shirt collar) 16"/41 cm or larger? ( <i>Measured around Adams apple</i> )	<b>Yes</b>	<b>No</b>	<b>Unknown</b>
<b>G</b>	Are you <b>Male</b> ?	<b>Yes</b>	<b>No</b>	<b>Unknown</b>

**Low risk of sleep apnea:** Yes to 0-2 questions

**Intermediate risk of sleep apnea:** Yes to 3-4 questions

**High risk of sleep apnea:** Yes to 5-8 questions or

- Yes to 2 or more of 4 STOP questions + male gender or
- Yes to 2 or more of 4 STOP questions + BMI > 35 kg/m<sup>2</sup> or
- Yes to 2 or more of 4 STOP questions + neck circumference



# BMI Chart

WEIGHT		lbs	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290				
		kgs	41	45	50	54	59	64	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132				
HEIGHT			Underweight					Healthy					Overweight					Obese					Extremely Obese				
	ft/in	cm																									
4'8"	142.2	20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65					
4'9"	144.7	19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63					
4'10"	147.3	19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61					
4'11"	149.8	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59					
4'12"	152.4	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57					
5'1"	154.9	17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55					
5'2"	157.4	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53					
5'3"	160.0	16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51					
5'4"	162.5	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50					
5'5"	165.1	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48					
5'6"	167.6	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47					
5'7"	170.1	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	42	44	45					
5'8"	172.7	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44					
5'9"	175.2	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43					
5'10"	177.8	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42					
5'11"	180.3	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40					
5'12"	182.8	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39					
6'1"	185.4	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38					
6'2"	187.9	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37					
6'3"	190.5	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36					
6'4"	193.0	11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35					
6'5"	195.5	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34					
6'6"	198.1	10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34					
6'7"	200.6	10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33					
6'8"	203.2	10	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32					
6'9"	205.7	10	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31					
6'10"	208.2	9	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
6'11"	210.8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	25	26	27	28	29	30					