

## | STOP-BANG Questionnaire

Male

Female

$$\frac{\text{Weight (kg)}}{[\text{Height (cm)}]^2} = \text{BMI}$$

Collar size of shirt:

S

M

L

XL

Neck circumference\*

\*Neck circumference is measured by staff

Age

<b>1 Snoring</b> Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?	Yes	No
<b>2 Tired</b> Do you often feel tired, fatigued, or sleepy during daytime?	Yes	No
<b>3 Observed</b> Has anyone observed you stop breathing during your sleep?	Yes	No
<b>4 Blood pressure</b> Do you have or are you being treated for high blood pressure?	Yes	No
<b>5 BMI</b> BMI more than 35 kg/m <sup>2</sup> ?	Yes	No
<b>6 Age</b> Age over 50 years old?	Yes	No
<b>7 Neck circumference</b> Neck circumference greater than 40 cm?	Yes	No
<b>8 Gender</b> Gender male?	Yes	No

### **⚠ AREA DEDICATED TO PHYSICIANS**

#### **Risks of Obstructive sleep apnea (OSA)**

High risk of OSA: answering **yes** to **three or more** items

Low risk of OSA: answering **yes** to **less than three** items