

STOPBANG QUESTIONNAIRE

STOP

Do you **S**NORE loudly (louder than talking or loud enough to be heard through closed doors)? **Yes or No**

Do you often feel **T**IRED, fatigued, or sleepy during daytime? **Yes or No**

Has anyone **O**BERVED you stop breathing during your sleep? **Yes or No**

Do you have or are you being treated for high blood **P**RESSURE? **Yes or No**

BANG

BMI more than 35kg/m²? **Yes or No**

BMI information:

Height _____

Weight _____

(Please enter height and weight, your doctor will calculate your BMI)

Age over 50 years old? **Yes or No**

Neck circumference greater than 16 inches (40cm)? **Yes or No**

Gender: Male? **Yes or No**

TOTAL _____

If you answered YES to 3 or more, speak to your provider.

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep, not just feel tired, in the following situations? Even if you have not recently been in each situation listed, try to determine how they would have affected you. For each situation, decide whether or not you would have:

No chance of dozing	= 0
Mild chance of dozing	=1
Moderate chance of dozing	=2
High chance of dozing	=3

Situation	Chance of dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. theater)	
As a passenger in a car for an hour without a break	
Lying down in the afternoon if circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch Without alcohol	
In a car while stopped for a few minutes in traffic	
TOTAL SCORE	

If your score is greater than 10, speak to your provider.



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Sleep Apnea

Sleep Apnea is a sleep disorder characterized by breathing patterns during sleep that decreases oxygen due to shallow breathing, pauses in breathing, or infrequent breathing.

In the US, it is estimated that there are 22 million patients with moderate to severe symptoms and only 20% have been diagnosed.

Undiagnosed sleep apnea has significant health implications. All of the following diseases are impacted by untreated sleep apnea: coronary artery disease, stroke, elevated blood pressure, atrial fibrillation, work related accidents, motor vehicle accidents, liver disease and diabetes.

While sleep apnea can affect anyone, common risk factors include:

- Male
- Over 40
- Large neck size (≥17 inches)
- Loud snoring
- Enlarged tonsils
- Small jaw
- Reflux disease
- Chronic sinusitis
- Allergies
- Family history of sleep apnea
- Deviated septum causing nasal obstruction
- Sleeping medication, anti-anxiety medication and alcohol affect breathing
- Smokers



There are many ways to be screened for sleep apnea. A bed partner who witnesses breathing pauses is a strong indication. There are a number of screening questionnaires available such as The STOPBANG and Epworth sleepiness scale.

Please take a moment to take the quiz and if you are positive, please contact your physician or provider. A screening test that is positive means you need further testing. Testing for sleep apnea includes home studies and overnight testing in a sleep lab.

For patients with a positive screening test and no other significant medical conditions (unstable cardiac disease, history of stroke, out of control diabetes or hypertension to name a few), home sleep studies are a good diagnostic tool. This allows you to sleep in your own bed and simply wear a chest strap and a tube to measure breathing, movement, and oxygen saturation. The costs for home testing is 1/4 to 1/3 of the cost of an overnight sleep study. Overnight sleep lab studies are still the best test for many patients so please talk to your provider about which test is best for you.