

# 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 or 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:	
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 <b>SNORE</b> loudly (ie, louder than talking or loud enough to be heard through closed door(s))?		
Do you often feel <b>TIRE</b> D, fatigued, or sleepy during the day?		
Has anyone <b>OBSERVED</b> that you have stopped breathing while sleeping?		
Do you have or are you being treated for high blood <b>PRESSURE</b> ?		
<b>BMI</b> more than 35 kg/m <sup>2</sup> ?		
Are you more than 50 years of <b>AGE</b> ?		
Is your <b>NECK</b> 17 inches or greater for men (16 inches for women)?		
Male <b>GENDER</b> ?		

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