



Name:

Date:

STOP		
Do you SNORE loudly (louder than talking or loud enough to be heard through closed doors)?	Yes	No
Do you often feel TIRED , fatigued or sleepy during the daytime?	Yes	No
Has anyone OBSERVED you stop breathing during your sleep?	Yes	No
Do you have or are you being treated for high blood PRESSURE ?	Yes	No
BANG		
BMI more than 35kg/m ²	Yes	No
AGE over 50 years old?	Yes	No
NECK circumference > 16 inches (40cm)?	Yes	No
GENDER - Male?	Yes	No
TOTAL SCORE		

Risk of Obstructive Sleep Apnea (OSA):

High: 5 - 8

Intermediate: 3 - 5

Low: 0 - 2