



Sleep Screening Questionnaires

Please answer the questions below to help us assess for possible sleep apnea, a condition in which your breathing pauses or stops for periods of time while you sleep. Sleep apnea can increase your risk for many health conditions. It can also increase your risk for breathing problems after surgery.

Name _____ Date _____

DOB _____ Height _____ Weight _____

	Yes	No
Have you ever been diagnosed with obstructive sleep apnea (OSA)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently being treated for OSA?	<input type="checkbox"/>	<input type="checkbox"/>
Are you aware of a family history of OSA?	<input type="checkbox"/>	<input type="checkbox"/>
Are you aware of clenching or grinding your teeth at night?	<input type="checkbox"/>	<input type="checkbox"/>

ESS: Epworth Sleepiness Scale

How likely are you to get sleepy or doze off in the following situations, in contrast to just feeling tired?

- 0 = I would never doze
- 1 = I have a slight chance of dozing
- 2 = I have a moderate chance of dozing
- 3 = I have a high chance of dozing

Situation	Chance of Dozing
1. Sitting and reading	_____
2. Watching TV	_____
3. Sitting inactive in a public place (e.g. a theatre or a meeting)	_____
4. As a passenger in a car for an hour without a break	_____
5. Lying down to rest in the afternoon when circumstances permit	_____
6. Sitting and talking to someone	_____
7. Sitting quietly in a lunch without alcohol	_____
8. In a car while stopped for a few minutes in traffic	_____

STOP - BANG

		Yes	No
1. Snore	Do you snore loudly? (Louder than talking or loud enough to be heard behind a closed door?)	<input type="checkbox"/>	<input type="checkbox"/>
2. Tired	Do you often feel tired, fatigued or sleepy during daytime?	<input type="checkbox"/>	<input type="checkbox"/>
3. Obstruction	Has anyone observed you stop breathing during your sleep?	<input type="checkbox"/>	<input type="checkbox"/>
4. Pressure	Do you have or are you being treated for high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
5. BMI	Is your body mass index greater than 28?	<input type="checkbox"/>	<input type="checkbox"/>
6. Age	Are you 50 years old or older?	<input type="checkbox"/>	<input type="checkbox"/>
7. Neck	Are you a male with a neck circumference greater than 17 inches, or a female with a neck circumference greater than 16 inches?	<input type="checkbox"/>	<input type="checkbox"/>
8. Gender	Are you a male?	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL _____ If you checked yes more than 3 times a sleep test is indicated			

Patient Signature