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)?	☐	☐
Are you currently being treated for OSA?	☐	☐
Are you aware of a family history of OSA?	☐	☐
Are you aware of clenching or grinding your teeth at night?	☐	☐

ESS: Epworth Sleepiness Scale

How likely are you to doze off or fall asleep 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?	☐	☐
2.	Tired	Do you often feel tired, fatigued or sleepy during daytime?	☐	☐
3.	Obstruction	Has anyone observed you stop breathing during your sleep?	☐	☐
4.	Pressure	Do you have or are you being treated for high blood pressure?	☐	☐
5.	BMI	Is your body mass index greater than 28?	☐	☐
6.	Age	Are you 50 years old or older?	☐	☐
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?	☐	☐
8.	Gender	Are you a male?	☐	☐

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Patient Signature

Questionnaires adapted from www.EpworthSleepinessScale.com and Chung F, et. al Anesthesiology 2008; 108(5):812-821.