

### What is your risk level for Obstructive Sleep Apnea?

Obstructive Sleep apnea (OSA) is a serious condition that affects more than 30 million Americans and the majority are undiagnosed and unaware of their condition. Typical symptoms of OSA include heavy snoring, excessive daytime sleepiness or fatigue, difficulty with concentration or memory, among many others. Untreated, sleep apnea can lead to serious health consequences. Take the following tests to help determine if you're at risk of having Obstructive Sleep Apnea.

#### Epworth Sleepiness Scale

The Epworth Sleepiness Scale can be used to assess your daytime sleepiness. You may be used to feeling tired all the time, not realizing there the level of sleepiness you're experiencing may not be normal. You may not be familiar with "excessive daytime sleepiness" and instead use terms like tired or fatigued to describe how you are feeling.

During a normal day, 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:

	Points
<b>No</b> chance of dozing	0
<b>Slight</b> chance of dozing	1
<b>Moderate</b> chance of dozing	2
<b>High</b> chance of dozing	3

Situation:	Chance of dozing (0 -3)
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place (ex. theater or meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest 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	_____
<i>(Add up your points)</i> <b>Total Score</b>	<b>_____</b>

#### Understanding Your Score

0 to 10 - Normal range in healthy adults

11 to 14 - Mild sleepiness

15 to 17 - Moderate sleepiness

18 or higher - Severe sleepiness

If you scored 11 or higher, you may need to get more sleep, improve your sleep practices, and consider seeing a sleep medicine specialist to diagnose and treat the cause of your sleepiness.

*(continued on next page)*

### STOP-BANG Sleep Apnea Questionnaire

The STOP-Bang Questionnaire was created by Dr. Frances Chung, a professor in the Department of Anesthesiology and Pain Management at the University Health Network, University of Toronto. By looking at key indicators including snoring, tiredness, observed apnea, high blood pressure, BMI, age, neck circumference, and gender, The STOP-BAND Sleep Apnea Questionnaire calculates your probability or risk of having Obstructive Sleep Apnea.

#### **STOP**

**Circle One**

- |   |     |    |
|---|-----|----|
| Do you <b>SNORE</b> loudly (louder than talking or loud enough to be heard through closed doors)? | Yes | No |
| Do you often feel <b>TIRED</b> , fatigued, or sleepy during daytime?                              | Yes | No |
| Has anyone <b>OBSERVED</b> you stop breathing during your sleep?                                  | Yes | No |
| Do you have or are you being treated for high blood <b>PRESSURE</b> ?                             | Yes | No |

#### **BANG**

**BMI:** Is your BMI more than 35kg/m<sup>2</sup>?

BMI = [weight (lb) / height (in) / height (in)] x 703

*To calculate your BMI, divide your weight by your height twice, as shown in the calculation above and multiply by 703. Round to one decimal place.*

Yes      No

**Age:** Are you over 50 years old?

Yes      No

**Neck:** Is your neck circumference greater than 16 in (for women) or 17 in (for men)?

Yes      No

**Gender:** Are you a Male?

Yes      No

(count the number of "Yes" and "No" circled)**TOTAL**

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#### **Understanding Your Score:**

If you answered "Yes" to:

0 to 2 questions – your OSA risk is **Low**.

3 to 4 questions – your OSA risk is **Intermediate**.

5 to 8 questions – your OSA risk is **High**.

People considered at intermediate or high risk should be tested for sleep disorders. Left untreated, obstructive sleep apnea (OSA) can lead to both short-term and long-term health complications including sluggishness, daily headaches, an inability to focus or concentrate and neurological, and cardiovascular issues. If determined to be at high risk, the next step is to schedule consultation with a sleep medicine specialist to determine whether you should have a sleep test to determine if you have sleep apnea and to create a treatment plan.