

STOP-Bang Scoring Model for OSA

Are you at High Risk for Sleep Apnea?

This is the 'Stop-Bang' Scoring Model. The purpose is to determine if you are at 'high' or 'low' risk for Sleep Apnea. Interested in finding out? Answer the questions below to find out your risk factor:

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 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

Is your BMI more than 35 kg/m²?

- Yes
 No

Are you over 50 years old?

- Yes
 No

Is your neck circumference greater than 40cm (15.7 inches)?

- Yes
 No

Are you male?

- Yes
 No

If you answered 'Yes' more than 3 times - you are at **high risk** of sleep apnea. If you answered 'Yes' less than 3 times - you are at **low risk** of sleep apnea.

This Survey helps you to determine if you are at High or Low risk for Sleep Apnea. The Survey was created by University of Toronto Anaesthesiologist Dr. F Chung.