



Stop – Bang Questionnaire

The STOP-BANG is an assessment tool used to help diagnose Obstructive Sleep Apnea (OSA). Your doctor will use several factors to diagnose a sleep disorder, such as sleep history, self-reported symptoms, Epworth Sleepiness Scale and other tests if deemed necessary.

Please circle your answers:

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

BMI more than 35kg/m² (We can help you determine)

Yes

No

AGE over 50 years old?

Yes

No

NECK circumference > 16 inches (40cm)?

Yes

No

GENDER: Male?

Yes

No

TOTAL SCORE (internal member will score) :