

# The STOP-bang Questionnaire

If you are undergoing any type of surgical procedure, it is recommended that you be screened for **Obstructive Sleep Apnea (OSA)** PRIOR to surgery to avoid developing serious complications. Please answer the following questions below to determine if you might be at risk. Then, share your results with your physician.

**S**nororing ? Do you **Snore Loudly** (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)?  Yes  No

**T**ired ? Do you often feel **Tired, Fatigued, or Sleepy** during the daytime (such as falling asleep during driving or talking to someone)?  Yes  No

**O**bserved ? Has anyone **Observed** you **Stop Breathing** or **Choking/Gasping** during your sleep ?  Yes  No

**P**ressure ? Do you have or are you being treated for **High Blood Pressure**?  Yes  No

**B**ody Mass Index more than 35 kg/m<sup>2</sup>?

**Multiply your weight in pounds by 0.45 (the metric conversion factor)**

Example: 125 X 0.45 = 56.25 kg

**Multiply your height in inches by 0.025 (the metric conversion factor)**

63 X 0.025 = 1.575 m

**Square the answer from Step 2**

1.575 X 1.575 = 2.480625

**Divide the answer from Step 1 by the answer from Step 3**

56.25 : 2.480625 = 22.7

Yes  No

**A**ge older than 50 ?

Yes  No

**N**eck size large ? (Measured around Adams apple)

Yes  No

For male, is your shirt collar 17 inches / 43cm or larger?

For female, is your shirt collar 16 inches / 41cm or larger?

**G**ender = Male ?

Yes  No

TOTAL "YES" ANSWERS:

## RISKS OF OBSTRUCTIVE SLEEP APNEA

Low Risk	Intermediate Risk	High Risk
Yes to 0-2 questions	Yes to 3-4 questions	Yes to 5-8 questions

### ABOUT THE SPINE HOSPITAL OF LOUISIANA SLEEP CENTER

The Spine Hospital of Louisiana Sleep Center is a full-service Sleep Center accredited by the American Academy of Sleep Medicine. Sleep Studies are conducted in specially designed bedroom laboratories that look and feel like home, yet contain the most state-of-the-art equipment to monitor your sleeping patterns. Specialty-trained sleep technologists monitor, analyze, and score every study conducted in the Sleep Center. Results and treatment recommendations are then shared with your physician to recommend treatment. For more information please call (225) 906-4833.