

STOP BANG Sleep Apnea Screening Questionnaire

This brief questionnaire will help us determine if you are at risk for having Sleep Apnea—a serious disorder that disrupts your sleep and can impact the health of your heart. Please make sure to answer all questions as accurately as you can.

First Name <input type="text"/>	Middle <input type="text"/>	Last <input type="text"/>
Weight (lbs) <input type="text"/>	Age <input type="text"/>	Height in Feet and Inches <input type="text"/>
Date of Birth (MM/DD/YYYY) <input type="text"/>	Gender (Male - Female) <input type="text"/>	Neck Size <input type="text"/>

Stop	Questions	Yes	No
S (Snore)	Have you been told that you snore?		
T (Tired)	Are you often tired during the day?		
O (Obstruction)	Do you know if you stop breathing or has anyone witnessed you stop breathing while you are asleep?		
P (Pressure)	Do you have high blood pressure or on medication to control high blood pressure?		
Bang	Questions		
B (BMI)	Is your body index greater than 35? BMI = []		
A (Age)	Are you 50 years old or older?		
N (Neck)	Are you a male with a neck circumference greater than 17 inches, or a female with a neck circumference greater than 16 inches?		
G (Gender)	Are you a male?		

YES to 3 or more Stop Bang questions - patient qualifies for WatchPAT

For Office Use Only - Procedure Order Form

Clinical Notes: The patient has mild / moderate / loud snoring which disturbs / does not disturb others. The patient wakes up with gasping for a breath / choking sensation. The patient experiences daytime tiredness, fatigue and excessive sleepiness. The patient has or does not have memory problems. The patient fights or does not fight sleep while driving. The patient wakes up with a headache and dry mouth. Ordering a home sleep study due to the following clinical symptoms: Excessive daytime sleepiness / Gastroesophageal reflux / Nocturia / Morning Headaches / Difficulty concentrating / Memory problems or poor judgment / Personality changes or irritability / Loud snoring / Depression / Witnessed apnea events / Impotence

Patient Consent

I understand that I am proceeding with a home sleep apnea test as ordered by my physician. I understand that untreated sleep apnea is a serious cardiovascular risk factor and it is my responsibility to perform the test and seek management for sleep apnea. I will be receiving further instructions and equipment from **Dental Sleep Medicine of Greenville 864-485-6655**. I will be contacted with the results and be managed for sleep apnea by a local sleep physician. I understand my insurance will not be billed for the test and as the patient I am responsible for the out-of-pocket costs incurred. I will be provided with written instructions and can call for additional video or telephonic instructions. Patient Help Desk 864-485-6655.

Patient Signature _____

Date _____

Calculate Your BMI & Neck Size

The body mass index assesses a person's body weight relative to their height. Find the number that connects your weight and height and circle it. **This is your BMI.**

		WEIGHT (lbs)																		
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280
HEIGHT (feet/inches)	4'8"	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63
	4'10"	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52	55	57	59
	5'0"	20	22	24	26	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55
	5'2"	18	20	22	24	26	28	29	31	33	35	37	39	40	42	44	46	48	50	52
	5'4"	17	19	20	22	24	26	27	29	31	32	34	36	38	39	41	43	44	46	48
	5'6"	16	18	19	21	22	24	26	27	29	31	32	34	35	37	39	40	42	43	45
	5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	39	41	42
	5'10"	14	16	17	19	20	21	23	24	26	27	29	30	31	33	34	36	37	39	40
	6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38
	6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36
	6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34

What is My Neck Size?

Men with a neck circumference > 17 inches and women with a neck circumference > 16 inches may be at higher risk for sleep apnea.

Not sure of your neck size? Please reach out to one of our staff members & ask for assistance.

