

STOP-Bang Obstructive Sleep Apnea Self-Assessment

If you're a loud snorer or feel drowsy even after a full night's sleep, you may be living with obstructive sleep apnea (OSA).

Obstructive sleep apnea is one of the most common sleep conditions in the U.S. If left untreated, sleep apnea can lead to increases in blood pressure, a greater risk of heart attack and constant fatigue.

To see if you may be at risk for obstructive sleep apnea, answer the following questions:

Yes	No	
		Snoring Do you snore loud enough to be heard through closed doors or to disrupt your partner's sleeping?
		Tired Do you often feel tired, fatigued or sleepy during the daytime - such as falling asleep while driving?
		Observed Has anyone observed you stop breathing or choking/gasping during your sleep?
		Pressure Do you have or are being treated for high blood pressure?
		BMI Do you have a body mass index more than 35 kg/m ² ?
		Age Are you above the age of 50?
		Neck How large is your neck size (measured around the Adam's apple)? Men: Shirt collar is 17 inches or larger Women: Shirt collar is 16 inches or larger
		Gender Are you male?

Scoring criteria

Low risk of OSA: Yes to 0 to 2 questions

Intermediate risk of OSA: Yes to 3 to 4 questions

High risk of OSA: Yes to 5 to 8 questions

If you scored at intermediate to high risk of obstructive sleep apnea, reach out to your doctor or contact your local Ballad Health sleep evaluation center to schedule an at-home sleep test.