

# Sleep Apnea Screening Tools

WEIGHT	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	
HEIGHT																						
4'8"	20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	
4'9"	19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63	
4'10"	19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61	
4'11"	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59	
5'0"	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	
5'1"	17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	
5'2"	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	52	53	
5'3"	16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	
5'4"	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	
5'5"	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	
5'6"	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	
5'7"	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	42	44	45	
5'8"	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44	
5'9"	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43	
5'10"	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	
5'11"	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40	
6'0"	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	
6'1"	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	
6'2"	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	
6'3"	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	
6'4"	11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	

- Extremely obese
- Obese
- Overweight
- Healthy weight
- Underweight

**SITUATION**

**CHANCE OF DOZING**

Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon	0	1	2	3
Sitting and talking with someone	0	1	2	3
Sitting quietly after lunch (without alcohol)	0	1	2	3
In a car, while stopped in traffic	0	1	2	3
<b>Total</b>				

(ES: 1-10 = Normal, 10-12 = Borderline, 12-24 = Abnormal)

<b>S</b>	Snoring	Y / N
<b>T</b>	Tired	Y / N
<b>O</b>	Observed apnea	Y / N
<b>P</b>	High blood pressure	Y / N
<b>B</b>	BMI > 30	Y / N
<b>A</b>	Age: 50+	Y / N
<b>N</b>	Male Neck > 17"    Female Neck > 16"	Y / N
<b>G</b>	Gender: Male	Y / N

(3 or more = High Risk)

BMI Score \_\_\_\_\_ ESS Score \_\_\_\_\_ Neck Circumference \_\_\_\_\_ inches STOP/BANG Score \_\_\_\_\_



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