

## Sleep Apnea Screening Test

Complete the simple online questionnaire below to find out if you may be suffering from Obstructive Sleep Apnea (OSA) and therefore may need to seek advice from your GP or sleep dentist.

Our questionnaire combines two OSA screening tools: STOP-BANG and the Epworth Sleepiness Scales (ESS). Your combined score will tell you how likely you are to be suffering from Obstructive Sleep Apnea. Your submission is anonymous and we do not collect any of the answers you provide.

Please note that the score you receive is not an OSA diagnosis; if your score shows you are "at risk" or you are suffering from excessive tiredness or any other symptoms that give you cause for concern, you should see your GP or sleep dentist.

### STOP-BANG questionnaire

Age?

Under 50 yrs  50 yrs or over

Gender?

Male  Female

Do you snore?

Yes  No

Do you have high blood pressure?

Yes  No

Are you excessively tired during the day?

Yes  No

Have you been told you stop breathing during sleep?

Yes  No

Is your collar greater than 16 inches / 41cm (females), or 17 inches / 43cm (males)?

Yes  No

• BMI Metric

What is your Body Mass Index?  
Prefer Metric? [Click here](#)

Height (inches):

Weight (lbs):

Calculate  
Your BMI:

## ESS questionnaire (Epworth Sleepiness Scale)

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?

This refers to your usual way of life in recent times. Even if you haven't done some of these things recently try to work out how would have affected you.

0= would never doze - 3= high chance of dozing

### Sitting and Reading

0<sup>⤴</sup> 1<sup>⤴</sup> 2<sup>⤴</sup> 3<sup>⤴</sup>

### Watching TV

0<sup>⤴</sup> 1<sup>⤴</sup> 2<sup>⤴</sup> 3<sup>⤴</sup>

### Sitting inactive in public place (i.e. theatre or meeting)

0<sup>⤴</sup> 1<sup>⤴</sup> 2<sup>⤴</sup> 3<sup>⤴</sup>

### As a passenger in a car for hour without a break

0<sup>⤴</sup> 1<sup>⤴</sup> 2<sup>⤴</sup> 3<sup>⤴</sup>

Lying down to rest in the afternoon (when circumstances permit)

0<sup>Ⓒ</sup> 1<sup>Ⓒ</sup> 2<sup>Ⓒ</sup> 3<sup>Ⓒ</sup>

Sitting and talking to someone

0<sup>Ⓒ</sup> 1<sup>Ⓒ</sup> 2<sup>Ⓒ</sup> 3<sup>Ⓒ</sup>

Sitting quietly after lunch without alcohol

0<sup>Ⓒ</sup> 1<sup>Ⓒ</sup> 2<sup>Ⓒ</sup> 3<sup>Ⓒ</sup>

Stopped in traffic whilst driving

0<sup>Ⓒ</sup> 1<sup>Ⓒ</sup> 2<sup>Ⓒ</sup> 3<sup>Ⓒ</sup>

Show my score

**Your result**

You are:

\_\_\_\_\_ risk

**Action:**

Your stop bang score is \_\_ and your ESS score is \_\_. Based on these results, it looks like you are at \_\_ risk of are suffering from sleep apnea. If lack of sleep is affecting your lifestyle, talk to us to learn more about what might be affecting your sleep.

**PLEASE NOTE** that this is not a form of diagnosis. If you are suffering from excessive tiredness or any other symptoms that give you cause of concern, you should book an appointment with your GP or sleep dentist. Sleep apnea is a significant health problem and when left untreated affects many serious chronic conditions including drug-resistant hypertension, heart disease, and diabetes. Treating sleep apnea has been shown to improve patients' quality of life and may help improve glucose control, lower blood pressure, and improve heart health.