## Epworth Sleepiness Scale<sup>11</sup>

How likely are you to nod 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.

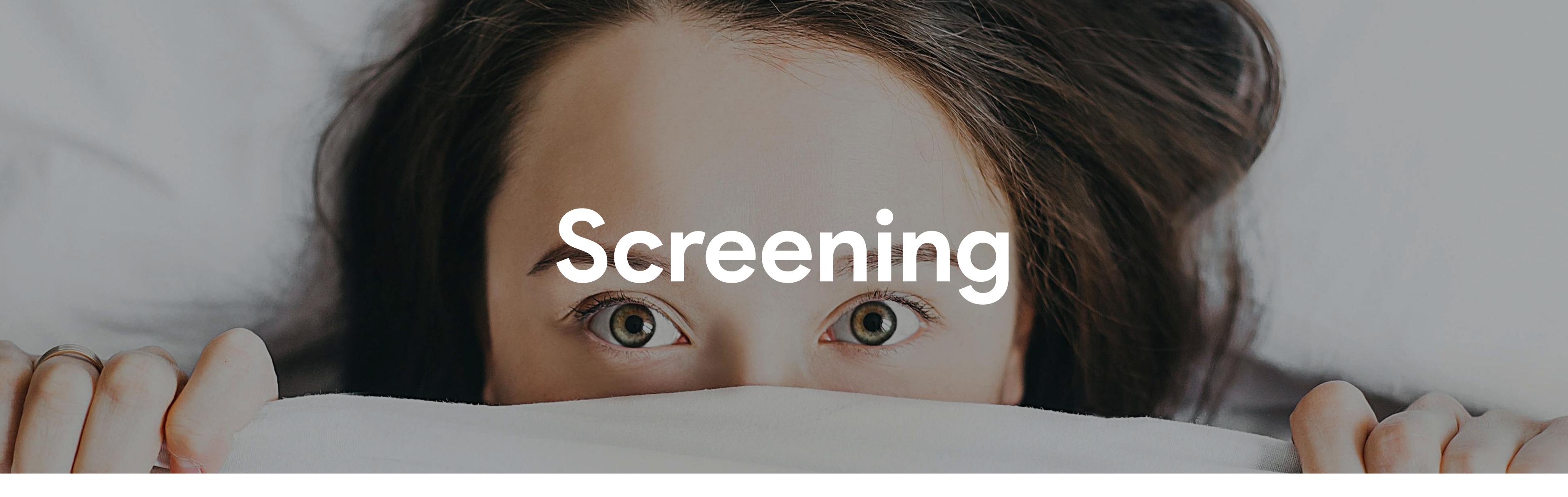
Even if you haven't done some of these things recently, try to work out how they would have affected you. It is important that you answer each question as best you can.

Use the following scale to choose the most appropriate number for each situation.

	Would never nod off 0	Slight chance of nodding off	Moderate chance of nodding off	High chance of nodding off
Sitting and reading				
Watching TV				
Sitting, inactive, in a public place (e.g., in a meeting, theater, or dinner event)				
As a passenger in a car for an hour or more without stopping for a break				
Lying down to rest when circumstances permit				
Sitting and talking to someone				
Sitting quietly after a meal without alcohol				
In a car, while stopped for a few minutes in traffic or at a light				

Add up your points to get your total score. A score of 10 or greater raises concern: you may need to get more sleep, improve your sleep practices, or seek medical attention to determine why you are sleepy.

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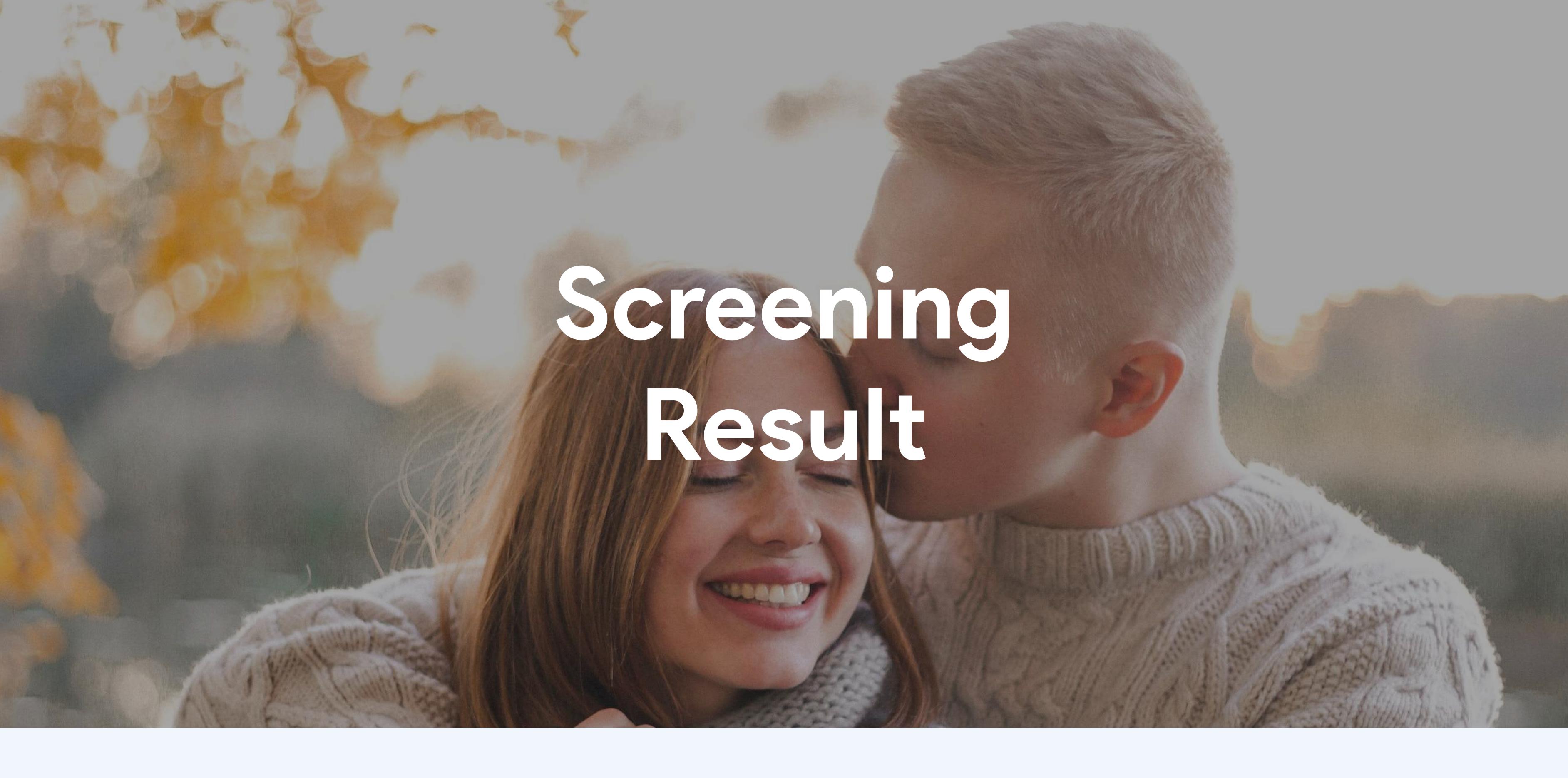
# STOP-Bang Questionnaire

Is It Possible That You Have ...

Obstructive Sleep Apnea (OSA)?

Please Answer The Following Questions Below To Determine If You Might Be At Risk.

Yes	No	Snoring?
		Do You Snore Loudly (Loud Enough To Be Heard Through Closed Doors Or Your Bed-Partner Elbows You For Snoring At Night)?
Yes	No	Tired?
		Do You Often Feel Tired, Fatigued, Or Sleepy During The Daytime (Such As Falling Asleep During Driving Or Talking To Someone)?
Yes	No	Observed?
		Has Anyone Observed You Stop Breathing Or Choking/Gasping During Your Sleep?
Yes	No	Pressure?
		Do You Have Or Are Being Treated For High Blood Pressure?
Yes	No O	Body Mass Index More Than 35 Kg/M2?  Body Mass Index Calculator  BMI = Kg/M2 Where Kg Is A Person's Weight In Kilograms And M2 Is Their Height In
		Metres Squared.
Yes	No	Age Older Than 50?
Yes	No	Neck Size Large? (Measured Around Adams Apple)
		Is Your Shirt Collar 16 Inches / 40cm Or Larger?
Yes	No	Gender = Male?



#### Find Out Your Result

OSA - Low Risk: Yes To 0 - 2 Questions

OSA - Intermediate Risk: Yes To 3 - 4 Questions

OSA - High Risk: Yes To 5 - 8 Questions

Or Yes To 2 Or More Of 4 STOP Questions + Male Gender

Or Yes To 2 Or More Of 4 STOP Questions + BMI > 35kg/M2

Or Yes To 2 Or More Of 4 STOP Questions + Neck Circumference 16 Inches / 40cm

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