STOP-Bang Scoring Model for OSA
Are you at High Risk for Sleep Apnea?

This is the ‘Stop-Bang’ Scoring Model. The purpose is to determine if you are at ‘high’ or ‘low’ risk for Sleep Apnea. Interested in finding out? Answer the questions below to find out your risk factor:

Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?
- Yes
- No

Do you often feel tired, fatigued, or sleepy during daytime?
- Yes
- No

Has anyone observed you stop breathing during your sleep?
- Yes
- No

Do you have or are you being treated for high blood pressure?
- Yes
- No

Is your BMI more than 35 kg/m2?
- Yes
- No

Are you over 50 years old?
- Yes
- No

Is your neck circumference greater than 40cm (15.7 inches)?
- Yes
- No

Are you male?
- Yes
- No

If you answered 'Yes' more than 3 times - you are at high risk of sleep apnea. If you answered 'Yes' less than 3 times - you are at low risk of sleep apnea.

This Survey helps you to determine if you are at High or Low risk for Sleep Apnea. The Survey was created by University of Toronto Anaesthesiologist Dr. F Chung.