The STOP-Bang Questionnaire

A Tool to Screen Patients for Obstructive Sleep Apnea (OSA)

Do you snore loudly (for example, louder than conversation level or loud enough to be heard through closed doors)?	Yes	No
Do you often feel tired, fatigued, or sleepy during the 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 body mass index (BMI) greater than 35 (see below to calculate your BMI)?	Yes	No
Are you over 50 years old?	Yes	No
Is your neck circumference greater than 40 cm (or shirt collar size larger than 15.5 in)?	Yes	No
Are you male?	Yes	No

Scoring

If you answered "yes" to three or more of the eight questions above, you may be at high risk for OSA. If you answered “yes” to fewer than three questions, you are low risk for OSA. Three or more positive answers has been shown to predict:

- OSA of any severity 80 percent of the time
- OSA of moderate or worse severity 50 percent of the time
- Severe OSA 30 percent of the time

If you scored in the high-risk category for OSA, you should consider speaking with your primary care provider about undergoing a sleep study or having an evaluation by a sleep health specialist.

To schedule an overnight study please call (316)281-8200 or fax order, authorization, notes and H&P to (316)687-3056.

To schedule a consultation with our Pulmonologist, Dr. Ronsick in Newton please call (620)694-2098.

Body Mass Index Table for Adults

Weight (pounds)	Height (feet & inches) 5'0"	5'2"	5'4"	5'6"	5'8"	5'10"	6'0"	6'2"	6'4"	6'6"	6'8"	
100	20	18	17	16	15	14	14	13	12	12	11	
105	21	19	18	17	16	15	14	14	13	12	12	
110	22	20	19	18	17	16	15	14	13	13	12	
115	23	21	20	19	18	17	16	15	14	13	13	
120	23	22	21	19	18	17	16	15	14	14	13	
125	24	23	22	20	19	18	17	16	15	14	14	
130	25	24	22	21	20	19	18	17	16	15	14	underweight
135	26	25	23	22	21	19	18	17	16	16	15	
140	27	26	24	23	21	20	19	18	17	16	15	
145	28	27	25	23	22	21	20	19	18	17	16	
150	29	27	26	24	23	22	20	19	18	17	17	
155	30	28	27	25	24	22	21	20	19	18	17	
160	31	29	28	26	24	23	22	21	20	19	18	
165	32	30	28	27	25	24	22	21	20	19	18	
170	33	31	29	27	26	24	23	22	21	20	19	
175	34	32	30	28	27	25	24	23	21	20	19	
180	35	33	31	29	27	26	24	23	22	21	20	
185	36	34	32	30	28	27	25	24	23	21	20	normal
190	37	35	33	31	29	27	26	24	23	22	21	
195	38	36	34	32	30	28	27	25	24	23	21	
200	39	37	34	32	30	29	27	26	24	23	22	
205	40	38	35	33	31	29	28	26	25	24	23	
210	41	38	36	34	32	30	29	27	26	24	23	
215	42	39	37	35	33	31	29	28	26	25	24	
220	43	40	38	36	34	32	30	28	27	25	24	
225	44	41	39	36	34	32	30	29	27	26	25	
230	45	42	40	37	35	33	31	30	28	27	25	
235	46	43	40	38	36	34	32	30	29	27	26	
240	47	44	41	39	37	35	33	31	29	28	26	overweight
245	48	45	42	40	37	35	33	32	30	28	27	
250	49	46	43	40	38	36	34	32	30	29	28	
255	50	47	44	41	39	37	35	33	31	30	28	
260	51	48	45	42	40	37	35	33	32	30	29	
265	52	49	46	43	40	38	36	34	32	31	29	
270	53	49	46	44	41	39	37	35	33	31	30	
275	54	50	47	44	42	40	37	35	34	32	30	
280	55	51	48	45	43	40	38	36	34	32	31	
285	56	52	49	46	43	41	39	37	35	33	31	obese
290	57	53	50	47	44	42	39	37	35	34	32	
295	58	54	51	48	45	42	40	38	36	34	32	
300	59	55	52	49	46	43	41	39	37	35	33	