Sleep disorders such as obstructive sleep apnea (OSA) have been linked to heart conditions such as high blood pressure, arrhythmia and heart disease. In an effort to promote global cardiovascular health, we are committed to identifying patients with sleep disorders. The following STOP-BANG questionnaire is a validated tool to help us identify underlying OSA.

**STOP Questionnaire**

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

2. **Tired**
   Do you often feel tired, fatigued, or sleepy during the daytime?
   - Yes
   - No

3. **Observed**
   Has anyone observed you stop breathing during your sleep?
   - Yes
   - No

4. **Pressure**
   Do you have or are you being treated for high blood pressure? *(Can be answered by your clinician)*
   - Yes
   - No

**BANG Questionnaire**

*(Can be answered by your clinician)*

1. **Body Mass Index (BMI) over 30?**
   - Yes
   - No

2. **Age over 50 years old?**
   - Yes
   - No

3. **Neck circumference >16 inches (40cm)?**
   - Yes
   - No

4. **Gender: Male?**
   - Yes
   - No

**TOTAL SCORE (yes responses):** __________

<table>
<thead>
<tr>
<th>Total Score</th>
<th>Risk for Mod / Severe OSA</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2</td>
<td>Low risk of OSA</td>
</tr>
<tr>
<td>3-4</td>
<td>Intermediate risk of OSA</td>
</tr>
<tr>
<td>5-8</td>
<td>Increased risk of OSA</td>
</tr>
</tbody>
</table>