STOP BANG Sleep Apnea Questionnaire

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

Tired: Do you often feel tired, fatigued, or sleepy during the day? □ Yes □ No

Observed: Has anyone observed that you stop breathing during your sleep? □ Yes □ No

Blood Pressure: Do you have or are you being treated for high blood pressure? □ Yes □ No

BMI more than 35? □ Yes □ No

Age over 50 years? □ Yes □ No

Neck circumference greater than 16 inches? □ Yes □ No

Gender, male? □ Yes □ No

Answered Yes

5-8 High risk of obstructive sleep apnea

3-4 Intermediate risk of obstructive sleep apnea

0-2 Low risk of obstructive sleep apnea

This quiz is not a substitute for proper diagnosis by a qualified healthcare provider. Take this form to your healthcare provider to discuss if you should have further testing.

Tennova Healthcare – Lebanon
Sleep Center
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We know that a sleep study gives us the best information when you’re resting normally. That’s why our sleep center rooms are decorated and furnished much like a hotel suite for your comfort. Our clinical staff is trained and credentialed as registered polysomnographer technologists by the National Board of Registered Polysomnographic Technologists.

We perform sleep studies to aid in the identification and treatment of sleep apnea and other sleep disorders, such as insomnia, restless leg syndrome and daytime sleepiness. During an overnight study, patients sleep while advanced equipment monitors and records their reactions to sleep, including:

- Brain waves
- Eye movement
- Muscle activity
- Oxygen level
- Breathing
- Heart rate

A physician referral is required to schedule a sleep study. Don’t have a primary care physician? Call 1-855-TENNOVA or log on to Tennova.com.

Millions of Americans do not get a good night’s sleep on a regular basis. Sleep allows the body to renew itself both physically and mentally. Without regular sufficient sleep, we suffer.

**If you are experiencing any of these symptoms, you may have a sleep disorder:**

- Fatigue, lack of motivation and excessive daytime sleepiness
- Anxiety, depression and irritability
- Loud snoring or gasping for air while sleeping
- Pauses in breathing or racing heartbeat during the night
- Restless sleep
- Morning headaches
- Difficulty concentrating or learning
- Waking up frequently
- Night-time sweating

**Common sleep disorders include:**

- Insomnia
- Sleep apnea
- Abnormal sleep and/or wake rhythms
- Restless legs syndrome (RLS)
- Narcolepsy