

Sleep Center

STOP BANG Sleep Apnea Questionnaire

Snooring: 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 **P**ressure: 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

1616 West Main Street, Suite 200

Lebanon, TN 37087

615-443-2520

Tennova.com

Adapted from: STOP Questionnaire: A Tool to Screen Patients for Obstructive Sleep Apnea; Frances Chung, F.R.C.P.C., Balaji Yegneswaran, M.B.B.S., Pu Liao, M.D., Sharon A. Chung, Ph.D., Santhira Vairavanthan, M.B.B.S., Sazzadul Islam, M.Sc., Ali Khajehdehi, M.D., Colin M. Shapiro, F.R.C.P.C.; Anesthesiology 2008; 108:812-21; Copyright 2008, the American Society of Anesthesiologists, Inc. Lippincott Williams & Wilkins, Inc.

3/2017





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

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.

