

Screening for Obstructive Sleep Apnea

Name _____

Date _____

Obstructive Sleep Apnea (OSA) is a common, but serious medical condition that can affect your sleep, health and quality of life. If left untreated, OSA sufferers are at higher risk of:

- Excessive daytime sleepiness
- High blood pressure
- Heart attack
- Stroke
- Diabetes
- Decreased sex drive
- Driving and work-related accidents

OSA can be dangerous. It's important to treat OSA if you have it.

Answer the following questions to find out if you are at risk. Your health is important to us!

| | | | | |
|----------|---------------------------|--|------------|-----------|
| S | Snoring | Do you snore loudly (louder than talking or loud enough to be heard through closed doors)? | YES | NO |
| T | Tired | Do you often feel tired, fatigued, or sleepy during the day? | YES | NO |
| O | Observed | Has anyone observed you stop breathing or gasp during sleep? | YES | NO |
| P | Blood Pressure | Have you had, or are you currently being treated for, high blood pressure? | YES | NO |
| B | BMI | Is your BMI (body mass index) greater than 35? | YES | NO |
| A | Age | Are you over 50 years old? | YES | NO |
| N | Neck Circumference | Is your neck size greater than 17" (male) 16" (female)? | YES | NO |
| G | Gender | Are you male? | YES | NO |

BMI CHART

Find your height (in feet/inches) and then move across to the right to find your weight (in lb). Move up to the top row to get your BMI score.

| BMI (kg/m ²) | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 35 | 40 |
|--------------------------|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Height (In.) | Weight (lb.) | | | | | | | | | | | | | |
| 58" (4ft 10) | 91 | 96 | 100 | 105 | 110 | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 167 | 191 |
| 59" (4ft 11) | 94 | 99 | 104 | 109 | 114 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 173 | 198 |
| 60" (5ft 0) | 97 | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 179 | 204 |
| 61" (5ft 1) | 100 | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 185 | 211 |
| 62" (5ft 2) | 104 | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 191 | 218 |
| 63" (5ft 3) | 107 | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 197 | 225 |
| 64" (5ft 4) | 110 | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 174 | 204 | 232 |
| 65" (5ft 5) | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 210 | 240 |
| 66" (5ft 6) | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 216 | 247 |
| 67" (5ft 7) | 121 | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 223 | 255 |
| 68" (5ft 8) | 125 | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 230 | 262 |
| 69" (5ft 9) | 128 | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 236 | 270 |
| 70" (5ft 10) | 132 | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 207 | 243 | 278 |
| 71" (5ft 11) | 136 | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 250 | 286 |
| 72" (6ft 0) | 140 | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 258 | 294 |
| 73" (6ft 1) | 144 | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 265 | 302 |
| 74" (6ft 2) | 148 | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 272 | 311 |
| 75" (6ft 3) | 152 | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 279 | 319 |
| 76" (6ft 4) | 156 | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 287 | 328 |