

EPWORTH SLEEPNISS SCALE

STOP-Bang QUESTIONNAIRE

What is the probability for you to doze off or fall asleep (not just feeling tired) under the following conditions?

Use the scale below to indicate the most appropriate degree for each situation:

0 = No risk of dozing off
1 = Little chance to doze off
2 = Average chance of dosing off
3 = Great chance to doze off

Sitting and reading	
Sitting and watching television	
Sitting inactive in public (at the movies or at a meeting)	
As a passenger driving for an hour without stopping	
While lying down to take a nap in the afternoon if the circumstances allow it	
Sitting and chatting with someone	
Sitting quietly after a non-alcoholic meal	
Driving after a few minutes during a traffic jam	
Total:	/24

Criteria for the general population
0-2 "Yes" = **Low risk of OSA**
3-4 "Yes" = **Average risk of OSA**
5-8 "Yes" = **High risk of OSA**
or "Yes" to at least 2 of the first 4 questions + male
or "Yes" to at least 2 of the first 4 questions + BMI >35 kg/m²
or "Yes" to at least 2 of the first 4 questions + neck circumference (43 cm for a man and 41 cm for a women)

	Yes	No
Snoring? Do you snore loudly enough to be heard through a closed door or your partner nudging you because you snore at night?		
Tired? do you often feel tired, exhausted or sleepy during the day (eg., falling asleep at the wheel?)		
Observation? Has anyone notice that you stopped breathing or choked/suffocated while you slept?		
Blood pressure? Do you have high pressure or treated for this problem?		
Body mass index greater than 35 kg/m²?		
Age over 50?		
Large neck (measured at the level of the Adam's apple)? Men: Is it greater than or equal to 43 cm? Women: Is it greater than or equal to 41 cm?		
Sex – Male?		

For more information: www.stopbang.ca

www.therapieCPAPoutaouais.com



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See the map to get there
Free parking

For any questions or inquiries,
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