

# SLEEP SCREENING

## Patient Information

First Name: \_\_\_\_\_ MI: \_\_\_\_\_  
 Last Name: \_\_\_\_\_  
 Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Gender: F or M \_\_\_\_\_ Age: \_\_\_\_\_  
 BMI (Calculated): \_\_\_\_\_ Neck Size: \_\_\_\_\_

## STOP BANG Screener (Check Yes or No)

|   | YES  | NO   |
|---|--|--|
| <b>S (snore)</b><br>Do You Snore?   | <input type="checkbox"/>                             | <input type="checkbox"/>                             |
| <b>T (tired)</b><br>Do you feel fatigued during the day?<br>Do you wake up feeling like you haven't slept?                | <input type="checkbox"/><br><input type="checkbox"/> | <input type="checkbox"/><br><input type="checkbox"/> |
| <b>O (obstruction)</b><br>Have you been told you stop breathing at night?<br>Do you gasp for air or choke while sleeping? | <input type="checkbox"/><br><input type="checkbox"/> | <input type="checkbox"/><br><input type="checkbox"/> |
| <b>P (pressure)</b><br>Do you have high blood pressure?<br>Are you on medication to control high blood pressure?          | <input type="checkbox"/><br><input type="checkbox"/> | <input type="checkbox"/><br><input type="checkbox"/> |

Score: If you checked YES to 2 or more questions on the STOP portion you are at risk for OSA.

## Check YES or NO

|  | YES                      | NO                       |
|--|--------------------------|--------------------------|
| <b>B (BMI)</b><br>Is your body mass index greater than 28?   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>A (age)</b><br>Are you 50 years old or older?   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>N (neck)</b><br>Are you a male with a neck circumference greater than 17 inches, or a female with circumference greater than 16 inches? | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>G (gender):</b> Are you a Male?   | <input type="checkbox"/> | <input type="checkbox"/> |

Score: The more questions you checked YES on the BANG portion, the greater you're at risk of having moderate to severe OSA.

## Epworth Sleepiness Scale- Rate 0-3

How likely are you to doze off or fall asleep in the situation described below, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you haven't done some recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation:

0= would never doze  
 1= slight chance of dozing  
 2= moderate chance of dozing  
 3= high chance of dozing

Please fill in the box with the scale number.

|  |                      |
|--|----------------------|
| Sitting Reading  | <input type="text"/> |
| Watching TV  | <input type="text"/> |
| Sitting inactive in a public place (E.g. a theatre or a meeting) | <input type="text"/> |
| Sitting in a car as a passenger for a continuous hour            | <input type="text"/> |
| Lying down to rest in the afternoon when circumstances permit    | <input type="text"/> |
| Sitting and talking to someone                                   | <input type="text"/> |
| Sitting quietly after a lunch without alcohol                    | <input type="text"/> |
| Sitting in a stopped car in traffic for a few minutes            | <input type="text"/> |
| Total:   | <input type="text"/> |

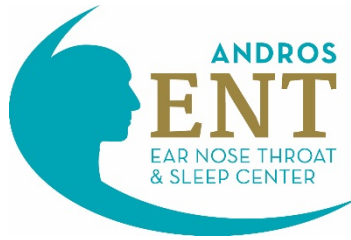
The higher your scale, the greater the chance that you are at risk for OSA.

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1. Have you ever had a sleep study? YES NO  
If yes, when and where? \_\_\_\_\_
2. Have you ever been diagnosed with a sleep problem? YES NO  
If yes, which one? \_\_\_\_\_
3. Do you snore? YES NO (if no, go to question #7)
4. How long have you snored? \_\_\_\_\_
5. In which positions do you snore?  
BACK ONLY ALL POSITIONS (circle one)
6. Do you snore if you fall asleep in a chair? YES NO
7. Do you have a dry mouth in the morning? YES NO
8. Do you have headaches in the morning? YES NO
9. Do you dream while asleep at night? YES NO
10. Do you feel sleepy during the day? YES NO (if no, go to question #12)
11. Is your daytime sleepiness worsening? YES NO
12. Do you take daytime naps? YES NO (if no, go to question #17)
13. How many naps do you take per week? \_\_\_\_\_
14. How long do your naps last? \_\_\_\_\_
15. Do you dream during naps? YES NO
16. Are the naps refreshing? YES NO
17. Have you ever had a close call or accident while driving  
because of sleepiness? YES NO
18. Do you suffer from memory problems? YES NO
19. Are you more irritable lately? YES NO
20. Have you ever had sudden loss of strength in arms  
or legs when laughing or scared? YES NO
21. Have you ever felt paralyzed when you first  
wake up, or when you fall asleep? YES NO
22. Do you sleep walk? YES NO
23. Do you sleep talk? YES NO
24. Do you ever have urinary accidents in bed? YES NO
25. Do you have nightmares? YES NO
26. What time do you go to bed? \_\_\_\_\_
27. What time do you wake up? \_\_\_\_\_
28. What are your working hours? \_\_\_\_\_ N/A (go to #30)
29. Is this a regular or rotating schedule? (circle one)
30. How long does it take to fall asleep? \_\_\_\_\_
31. Do you wake up in the middle of the night? YES NO (if yes go to #32)
32. How many times? \_\_\_\_\_
33. Do you fall asleep easily? YES NO
34. How many cups of caffeine do you have a day \_\_\_ Coffee \_\_\_ Tea \_\_\_ Soda
35. Do you use over the counter or prescription sleep medications?  
YES NO (if yes, please list)  
\_\_\_\_\_



## Cancellation Policy

Because of the level of service we provide our patients, your appointment is especially held just for you.

### **Our Cancellation Policy:**

We understand that there are times when you must miss an appointment due to emergencies or obligations for work or family. However, when you do not call to cancel an appointment, you may be preventing another patient from receiving the care they need. Due to the large block of time (8-12 hours) reserved for your sleep study, last minute cancellations can cause problems and added expenses for our office.

We ask that you make every effort to give us at least a **24-hour notice if you cannot make your scheduled appointment**. We understand that situations arise when an appointment cannot be kept and adequate notice is not possible. These situations will be considered on a case by case basis.

**If your Sleep Study appointment is not cancelled at least 24 hours in advance you will be charged a \$100 fee. This fee will not be covered by your insurance.**

Thank you for understanding the value of our cancellation policy and our commitment to each of our patients.

**By signing below, I acknowledge that I have read and accept the above cancellation policy.**

\_\_\_\_\_  
Print Patient Name

\_\_\_\_\_  
Witnessed By

\_\_\_\_\_  
Signature of Patient or Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

