# Sleep Apnea Screening Tools

**SITUATION** | **CHANCE OF DOZING**
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Sitting and reading | 0 1 2 3
Watching television | 0 1 2 3
Sitting inactive in a public place | 0 1 2 3
As a passenger in a car for an hour without a break | 0 1 2 3
Lying down to rest in the afternoon | 0 1 2 3
Sitting and talking with someone | 0 1 2 3
Sitting quietly after lunch (without alcohol) | 0 1 2 3
In a car, while stopped in traffic | 0 1 2 3

**Total** | 0 1 2 3

(ES: 1-10 = Normal, 10-12 = Borderline, 12-24 = Abnormal)

**BMI Score** ________  **ESS Score** ________  **Neck Circumference** ________ inches  **STOP/BANG Score** ________

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**Snoring** Y / N
**Tired** Y / N
**Observed apnea** Y / N
**High blood pressure** Y / N
**BMI > 30** Y / N
**Age: 50+** Y / N
**Male Neck > 17” Female Neck > 16”** Y / N
**Gender: Male** Y / N

(3 or more = High Risk)

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**913-791-4282**