

INDICATION

A screening tool for obstructive sleep apnea (OSA).

Stratifies into low, intermediate and high risk of moderate to severe OSA.

INTERPRETATION

SCORE	RISK MODERATE-SEVERE OSA
0-2	Low
3-4	Intermediate
5-8	High

CALCULATION

Total score = sum of scores for each question

Do you snore loudly?	Yes	+1
	No	+0
Do you often feel tired, fatigued or sleepy during the daytime?	Yes	+1
	No	+0
Has anyone observed you stop breathing during sleep?	Yes	+1
	No	+0
Hypertension	Yes	+1
	No	+0
BMI	≤35	+0
	≥35	+1
Age	≤50	+0
	>50	+1
Neck circumference (cm)	≤40	+0
	>40	+1
Gender	Male	+1
	Female	+0