

# STOP BANG

Do you **S**nore?

Ikaw ba ay naghihulik?

**YES** \_\_\_ **NO** \_\_\_

Oo \_\_\_ Hindi \_\_\_

Do you feel **T**ired, fatigued or sleepy during the day?

Nararamdaman mo bang mapagod at antukin pag-araw?

**YES** \_\_\_ **NO** \_\_\_

Oo \_\_\_ Hindi \_\_\_

Has anyone **O**bserved you stop breathing in your sleep?

Mayroon bang nagsabi sa iyo na humihinto and iyong pag-hinga kapag ikaw ay tulog? Oo \_\_\_ Hindi \_\_\_

**YES** \_\_\_ **NO** \_\_\_

Do you have high blood **P**ressure?

Mataas ba ang presyon ng iyong dugo?

**YES** \_\_\_ **NO** \_\_\_

Oo \_\_\_ Hindi \_\_\_

If height is: ft. in. 4'10" 5'0" 5'2" 5'4" 5'6" 5'8" 5'10" 6'0" 6'2" 6'4"

Kung an taas ay:

& weight is > lbs. 167 179 191 204 216 230 250 258 272 287

Kung ang bigat ay:

If height is cm 147 152 158 163 168 173 178 183 188 193

Kung an taas ay:

& weight is > kg 75 81 86 92 97 104 113 116 122 129

Kung ang bigat ay:

**Then your BMI is > 35**

**B** – based on the above table, is your BMI >35?

Binase sa table sa taas, ito ba ang iyong BMI > 35?

**YES** \_\_\_ **NO** \_\_\_

Oo \_\_\_ Hindi \_\_\_

Is your **A**ge over 50 years? Ang edad mo ba ay 50?

How old are you? \_\_\_\_\_ yrs

Ilang taon ka na? \_\_\_\_\_ taon

**YES** \_\_\_ **NO** \_\_\_

Oo \_\_\_ Hindi \_\_\_

Is your **N**eck Size over 40 cm (15.7")?

Ang sukat ba ng leeg mo ay lampas ng 40?

**YES** \_\_\_ **NO** \_\_\_

Oo \_\_\_ Hindi \_\_\_

**G**ender – are you a male?

- ikaw ba ay lalaki?

**YES** \_\_\_ **NO** \_\_\_

Oo \_\_\_ Hindi \_\_\_

*Could you please count the number of "Yes" responses from the above 8 questions*

*Puwede bang bilangan kung ilan ang sagot mo na "Oo" sa 8 tanong na tinanong, pagkatapos, ilagay sa loob ng*

*and put the number in this box:*

*kahon na ito.*

Have you ever been told you have a sleep disorder, if so, which one(s):

Sleep Apnea

Circadian Rhythm Disorder

Insomnia

Narcolepsy

Periodic Limb Movements

Restless Legs

Other: \_\_\_\_\_

*Thank you!!!  
Salamat !!!*