

STOP BANG



- Do you **S**nore? Yes No
- Do you feel **T**ired, fatigued or sleepy during the day? Yes No
- Has anyone **O**bserved you stop breathing in your sleep? Yes No
- Do you have high blood **P**ressure? Yes No

Please count the number of "Yes" responses and put the number in this box
 There is a good chance that you have Sleep Apnea if you have two 'yes' responses out of four.

My neck size is _____ cms _____ inches
 My height is _____ cms _____ inches
 My weight is _____ kgs _____ lbs

B BMI > 35 **A** Age > 50 **N** Neck Size > 40cm > 15.7" **G** Gender - Male

If height is in ft	4'11"	5'0"	5'2"	5'4"	5'6"	5'8"	5'10"	6'0"	6'2"	
& weight in lbs is >	167	179	191	204	216	230	250	258	272	
If height is m	1.47	1.52	1.58	1.63	1.68	1.73	1.78	1.83	1.88	1.93
& weight in kgs is >	75	81	86	92	97	104	113	116	122	129

Then body mass index (BMI) kg/m² is > 35

If you count positive responses in STOP and BANG and three out of eight factors are applicable then you should have a sleep assessment.

Snork jy?

Voel jy moeg of slaperig gedurende die dag?

Het iemand opgemerk dat jy ophou asemhaal in jou slaap?

Het jy hoë bloeddruk?

Neem asseblief die getal van "ja" antwoorde en skryf die nommer in die boksie.

Daar is 'n goeie kans dat jy slaap apnee het as jy "ja" ge antwoord het in twee of meer van die vier vrae.

My nek grootte is

My hoogte

My gewig is

BMI

Ouderdom >50

Nek Grootte

Manlike geslag

As hoogte in voet en gewig in ponde is

As hoogte in meters en gewig in kilos is

Dan is Liggaamsmassa-indeks (BMI) meer >35

As drie of meer van die agt faktore van roepassing is dan behoort jy om ivr 'n slap assessering te gaan.