

Clinical Exam Sleep Apnea Screening/ Referral Form

Name: _____

Age: _____ Height: _____ Weight: _____ Neck Size: _____ BMI: _____

STOP- BANG

Do you snore loudly (loud enough to be heard through a closed door)? ___ Yes ___ No
 Do you often feel tired, fatigued, or sleepy during the daytime? ___ Yes ___ No
 Has anyone observed you stop breathing during your sleep? ___ Yes ___ No
 Do you have/ are you treated for high blood pressure? ___ Yes ___ No
 BMI more than 35? BMI: _____
 Age over 50 years old? Age: _____
 Neck circumference >15.75 inches? ___ Inches
 Gender? ___ Male ___ Female

(≥3 yes answers: High Risk for OSA; <3 yes answers: Low risk for OSA)

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired?
 This refers to your usual way of life in recent times.
 Even if you haven't done some of these things 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

It is important that you answer each question as best you can

SITUATIONS:

CHANCES OF DOZING (0-3)

Sitting and reading _____	_____
Watching TV _____	_____
Sitting inactive in a public place (e.g. a theatre or a meeting)	_____
As a passenger in a car for an hour without a break _____	_____
Lying down to rest in the afternoon when circumstances permit _____	_____
Sitting and talking to someone _____	_____
Sitting quietly after a lunch without alcohol _____	_____
In a car, while stopped for a few minutes in the traffic _____	_____
	Total: _____

DO NOT WRITE BELOW THIS BOX

CLINICAL EXAM NOTES

Mallarpoati Score	1	2	3	4	Redundant pharyngeal tissue	Yes	No
Tonsil Grade	1	2	3	4	Tongue Size	Large	Normal Small
Tongue Level	1	2	3		Retrognsthic mandible	Yes	No
Uvula Form	Large	Normal	Small				
Parafunctional Signs	___ Wear (Facets)	___ Exostosis	___ Abfractions	___ Antigonial notching			