

STOP-Bang Questionnaire^{11,12}

For the Assessment of Obstructive Sleep Apnea Risk

NAME:

TELEPHONE:

Have you been previously diagnosed with sleep apnea?

YES NO

If so, are you currently using CPAP to treat your OSA?

YES NO

Please answer the following eight questions Yes or No

1. Snoring: Do you snore loudly (loud enough to be heard through closed doors)? YES NO
2. Tired: Do you often feel tired, fatigued, or sleepy during daytime? YES NO
3. Observed: Has anyone observed you stop breathing during your sleep? YES NO
4. Blood pressure: Do you have or are you being treated for high blood pressure? YES NO
5. BMI: answer yes if your weight exceeds the amount listed for your height on the table below YES NO
6. Age: Is your age over 50 yr old? YES NO
7. Neck circumference: Neck circumference .40 cm? YES NO
8. Gender: Male? YES NO

Total Score (add up all 'yes' answers): _____

Interpretation

- High risk of OSA: Yes to 5 - 8 questions
- Intermediate risk of OSA: Yes to 3 - 4 questions
- Low risk of OSA: Yes to 0 - 2 questions

HEIGHT	WEIGHT
4'10	167
4'11	173
5'0	179
5'1	185
5'2	191
5'3	197
5'4	204
5'5	210
5'6	216
5'7	223
5'8	230
5'9	237
5'10	243
5'11	250
6'0	258
6'1	265
6'2	272
6'3	279
6'4	287
6'5	295

Call now to learn more or to schedule an appointment for a Sleep Consultation by calling 914-964-4337.

To make an appointment for a sleep study, call 914-559-1010.

RiversideHealth.org

Who is Sleep Services of America?

How Can We Help?

Sleep Services of America is a full-service, sleep diagnostics company that specializes in performing adult and pediatric polysomnograms (sleep studies). When you are ready to find a solution to your restless nights, chronic snoring, or other sleep related ailments, our expert staff will be on hand (at your preferred sleep disorder center or hospital) to guide you through our thorough yet painless examination of your sleep patterns. Please contact SSA for any questions you may have related to diagnostic process or to visit one of our center in your area.

How Do You Pay For This Service?

The most common method of payment is through your insurance provider. Please speak to your healthcare provider to learn more about this service in conjunction with your insurance provider.



References

1. Becker et al, Sleep Medicine Clinics. 2007
2. Logan et al, Journal of Hypertension. Dec 2001
3. Peled et al, J Am Coll Cardio I, 1999
4. Leung et al, Am.J. Respir.Crit.CareMed, Dec 2011
5. McNicholas et al, Sleep Medicine Clinics 2 2007
6. Marin et al, Sleep Medicine Clinics. 2 2007
7. Young T, Peppard PE, Gottlieb DJ, AJRCCM 2002
8. Young T, Evans L, Finn L, Palta M, Sleep 1997
9. Silverberg et.al, American Family Physician 2002
10. Gami AS et al, . NEJM 2005
11. Chung et.al, Anesthesiology. 2008
12. Chung et.al, www.STOPBang.ca

Disclaimer: Detailed references available upon request



Is Your Sleep
at the Heart of your
Cardiovascular Problems?

Improving the care and quality of life for
patients suffering from sleep disorders

ST. JOHN'S
RIVERSIDE
HOSPITAL

Cardiovascular Problems and Sleep

Do you or a loved one have high blood pressure? Did you know that sleep disorders such as insomnia and obstructive sleep apnea (OSA) can be dangerous for your heart health? Poor sleep causes stress on your heart, artery, and vein tissues. Research shows these sleep disorders, left untreated, can contribute to high blood pressure, congestive heart failure, stroke, and dangerous arrhythmias.^{1,2,3,4,5,6}

Every pause in breathing can contribute to the following⁵:

- Narrowed blood vessels
- Cellular and tissue inflammation
- Risk of blood clot
- Imbalance of normal oxygen and carbon dioxide levels in blood
- Enlargement of the left ventricle of the heart
- Increases diabetes risk

...and some patients can have a hundred apneas every hour!



Sleep Apnea and Cardiovascular Statistics

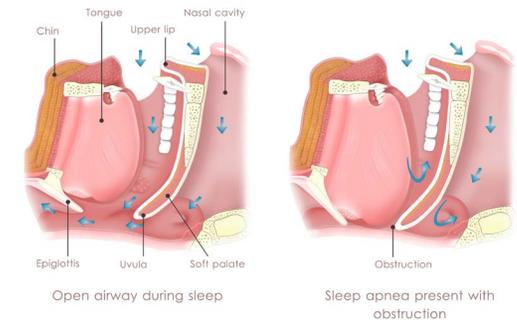
- 5% of the US population has Obstructive Sleep Apnea (OSA)⁷ and 80% of those are undiagnosed.⁸
- High blood pressure is present in as many as 50% of people with sleep apnea.¹⁰ The link between sleep apnea and hypertension is especially significant in cases of medication resistant hypertension (100% linkage)²
- OSA increases the risk for heart attacks and stroke.³
- Every time your body is deprived of oxygen, it goes into “fight or flight” mode, causing a spike in blood pressure and heart rate, as well as releasing adrenalin.
- In one study, 46% of sleep apnea patients experienced sudden death from cardiac causes from midnight to 6 a.m. (the time when patients are most vulnerable to apnea).¹⁰

What Can You Do?

- If you are taking medication for your blood pressure, be sure to take them exactly as prescribe by your healthcare provider.
- If you have a heart condition and are noticing you’re not sleeping well, talk with your healthcare provider about whether a sleep study is right for you.
- If you snore or your bed partner has noticed irregularities about your sleep pattern, talk with your healthcare provider to see whether you should be tested for sleep apnea.
- If you are diagnosed with sleep apnea and prescribed CPAP, wear your mask as recommended by your healthcare provider for maximum cardiac benefit.

Obstructive Sleep Apnea (OSA)

Obstructive Sleep Apnea occurs when muscles of the soft palate and throat relax during sleep, obstructing the airway and making breathing difficult and noisy (snoring). Eventually, the airway walls collapse blocking airflow entirely, which results in a breathing pause or apnea. Stopping breathing can result in a drop of blood oxygen levels. Since oxygen is the fuel for the cardiovascular system, this stresses the heart and puts the sleeper at a greater risk for heart attack or stroke.



Common Symptoms of Sleep Apnea

- Daytime fatigue
- Morning headaches
- Poor mental or emotional functioning
- Loss of breath during sleep
- Irregular heart rate
- Weight gain
- Heartburn
- Impotence
- Excessive sweating during sleep

