



Obstructive Sleep Apnea Screening Test - STOPBang with BMI

Snoring may be alleviated or reduced with the SleepTight Mouthpiece. However, snoring may be associated with Obstructive Sleep Apnea. This is a medical condition that can lead to other problems and may require the supervision and treatment by a physician.

To assist you with determining if you might have Obstructive Sleep Apnea, please complete the Questionnaire below. If you have a yes reply to three or more of the questions below, you have a significant probability of Obstructive Sleep Apnea (OSA) and a medical consultation is recommended.

YES	NO	Snoring: Have you been told that you frequently and loudly snore?
YES	NO	Tired: Do you often feel tired, fatigued, or sleepy during daytime?
YES	NO	Observed Gasping: Do you know if you stop breathing or has anyone observed you stop breathing or gasp for air while you are asleep?
YES	NO	Pressure of Blood: Do you have high blood pressure or on medication to control high blood pressure?
YES	NO	BMI: Is your body mass index greater than 30? (Calculate your BMI from the chart below)
YES	NO	Age: Are you over 50 years old?
YES	NO	Neck Size: Are you a male with a neck circumference greater than 17 inches, or a female with a neck circumference greater than 16 inches?
YES	NO	Gender: Are you a male?

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40+
Risk	Low	Low	Low	Low	Low	Low	More	More	More	More	More	High	High	Severe
Height	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight
58"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60" 5ft.	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72 6ft."	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Snoring and Obstructive Sleep Apnea references

American Academy of Sleep Medicine

<http://sleepeducation.org/essentials-in-sleep/sleep-apnea/overview-facts>

Sleep Apnea - Overview & Facts

Obstructive sleep apnea is a common and serious sleep disorder that causes you to stop breathing during sleep. The airway repeatedly becomes blocked, limiting the amount of air that reaches your lungs. When this happens, you may snore loudly or making choking noises as you try to breathe. Your brain and body become oxygen deprived and you may wake up. This may happen a few times a night, or in more severe cases, several hundred times a night.

In many cases, an apnea, or temporary pause in breathing, is caused by the tissue in the back of the throat collapsing. The muscles of the upper airway relax when you fall asleep. If you sleep on your back, gravity can cause the tongue to fall back. This narrows the airway, which reduces the amount of air that can reach your lungs. The narrowed airway causes snoring by making the tissue in back of the throat vibrate as you breathe.

Sleep apnea can make you wake up in the morning feeling tired or unrefreshed even though you have had a full night of sleep. During the day, you may feel fatigued, have difficulty concentrating or you may even unintentionally fall asleep. This is because your body is waking up numerous times throughout the night, even though you might not be conscious of each awakening.

The lack of oxygen your body receives can have negative long-term consequences for your health.

This includes:

- High blood pressure
- Heart disease
- Stroke
- Pre-diabetes and diabetes
- Depression

Snoring vs. Sleep Apnea

Snoring can be a symptom of obstructive sleep apnea but not everyone who snores has the sleep disorder. Obstructive sleep apnea is a serious sleep disorder that causes you to temporarily stop breathing when you are asleep. If you are regularly tired during the day even though you have had sufficient sleep or if your snoring is paired with choking or gasping sound, you may have sleep apnea. Sleep apnea is manageable using several approaches including CPAP (continuous positive airway pressure), oral appliance therapy and surgery.

Data previously published in the American Journal of Epidemiology show that the estimated prevalence rates of obstructive sleep apnea have increased substantially over the last two decades, most likely due to the obesity epidemic. It is now estimated that 26 percent of adults between the ages of 30 and 70 years have sleep apnea.

Sleep Apnea - Symptoms & Risk Factors

<http://sleepeducation.org/essentials-in-sleep/sleep-apnea/symptoms-risk-factors>

Common symptoms of sleep apnea include:

- Loud or frequent snoring
- Silent pauses in breathing
- Choking or gasping sounds
- Daytime sleepiness or fatigue
- Unrefreshing sleep

- Insomnia
- Morning headaches
- Nocturia (waking during the night to go to the bathroom)
- Difficulty concentrating
- Memory loss
- Decreased sexual desire
- Irritability

Risk Factors

The major risk factor for sleep apnea is excess body weight. You are much more likely to have sleep apnea if you are overweight or obese. However, sleep apnea can occur in slim people too. Common risk factors for sleep apnea include:

- Excess weight – Your risk for sleep apnea is higher if you are overweight with a body mass index (BMI) of 25 or more or obese with a BMI of 30 or higher.
- Large neck size - Your risk for sleep apnea is higher if you have a neck size of 17 inches or more for men, or 16 inches or more for women. A large neck has more soft tissue that can block your airway during sleep.
- Middle age – Sleep apnea can occur at any age. However, it is more common between young adulthood and middle age.
- Male gender – Sleep apnea is more common in men than in women. For women, the risk of sleep is greater after menopause.
- Hypertension – High blood pressure is extremely common in people who have sleep apnea.
- Family history – Sleep apnea is a heritable condition. This means that you have a higher risk of sleep apnea if a family member also has it. Inherited traits that increase the risk for sleep apnea include obesity and physical features such as a recessed jaw. Other common family factors - such as physical activity and eating habits - also may play a role.