Sleep Apnea: STOP Bang (I point each)

- Snoring: Do you snore loudly enough to bother a bed partner?
- *Tiredness*: Daytime tiredness, or any falling asleep with daily tasks?
- Observed Apnea: Do you stop breathing or gasp for air as you sleep?
- *Pressure*: Do you have HTN or have you been treated for HTN?
- *BMI*: Is the body mass index higher than 35.
- Age: If older than 50 (higher risk for OSA).
- Neck Circumference: A measurement greater than 16 inches
- Gender: Males are considered to be more likely to have OSA

Scores <5 do not merit further work-up. **5 or more** need work-up and recommendations to the surgical team re: special accommodations

Regional HealthPlus

www.asahq.org (Amer. Society of Anesthesiologists web site, accessed 01.25.2024)