



## Combined Sleep Apnoea Screening Questionnaire

This document combines the Epworth Sleepiness Scale (ESS) and the STOP-BANG questionnaire to help screen for obstructive sleep apnoea. Please complete all questions. Scoring instructions are provided below each section.

### Epworth Sleepiness Scale (ESS)

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling 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 estimate 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

Situation	Score (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 traffic	___

Total ESS Score: \_\_\_\_\_

Interpretation:

- 0-10: Normal

- 11-24: Excessive daytime sleepiness (consider further investigation)

### STOP-BANG Questionnaire

Please answer Yes or No to each of the following questions. This screening tool helps assess your risk of obstructive sleep apnoea.

Letter	Question	Yes / No
S	Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?	___
T	Do you often feel tired, fatigued, or sleepy during the daytime?	___
O	Has anyone observed you stop breathing during your sleep?	___
P	Do you have or are you being treated for high blood pressure?	___
B	Is your Body Mass Index more than 35 kg/m <sup>2</sup> ?	___
A	Are you older than 50 years?	___
N	Is your neck circumference greater than 40 cm?	___
G	Are you male?	___

Total STOP-BANG Score: \_\_\_\_\_

Interpretation:

- 0–2: Low risk of OSA
- 3–4: Intermediate risk
- 5–8: High risk of OSA

High risk is also suggested if you answer YES to 2 or more of STOP questions and meet any one of the BANG criteria.