

STOP-Bang Questionnaire

If you have answered yes to 5 or more questions, please notify your family physician to consider a Sleep Study pre-operatively

Please bring this completed form to your pre-op clinic appointment

Yes No **Snoring?**

Do you snore loudly (loud enough to be heard through closed doors or your bed partner elbows you for snoring at night)?

Yes No **Tired?**

Do you often feel tired, fatigued, or sleepy during the daytime (such as falling asleep when driving)?

Yes No **Observed?**

Has anyone observed you stop breathing or choking/gasping during your sleep?

Yes No **Pressure?**

Do you have, or are being treated for, high blood pressure?

Yes No **BMI** (see BMI graph attached)

Body Mass Index more than 35 kg/m²

Yes No **Age**

Are you older than 52 years old?

Yes No **Neck size large?** (Measured around Adam's apple)

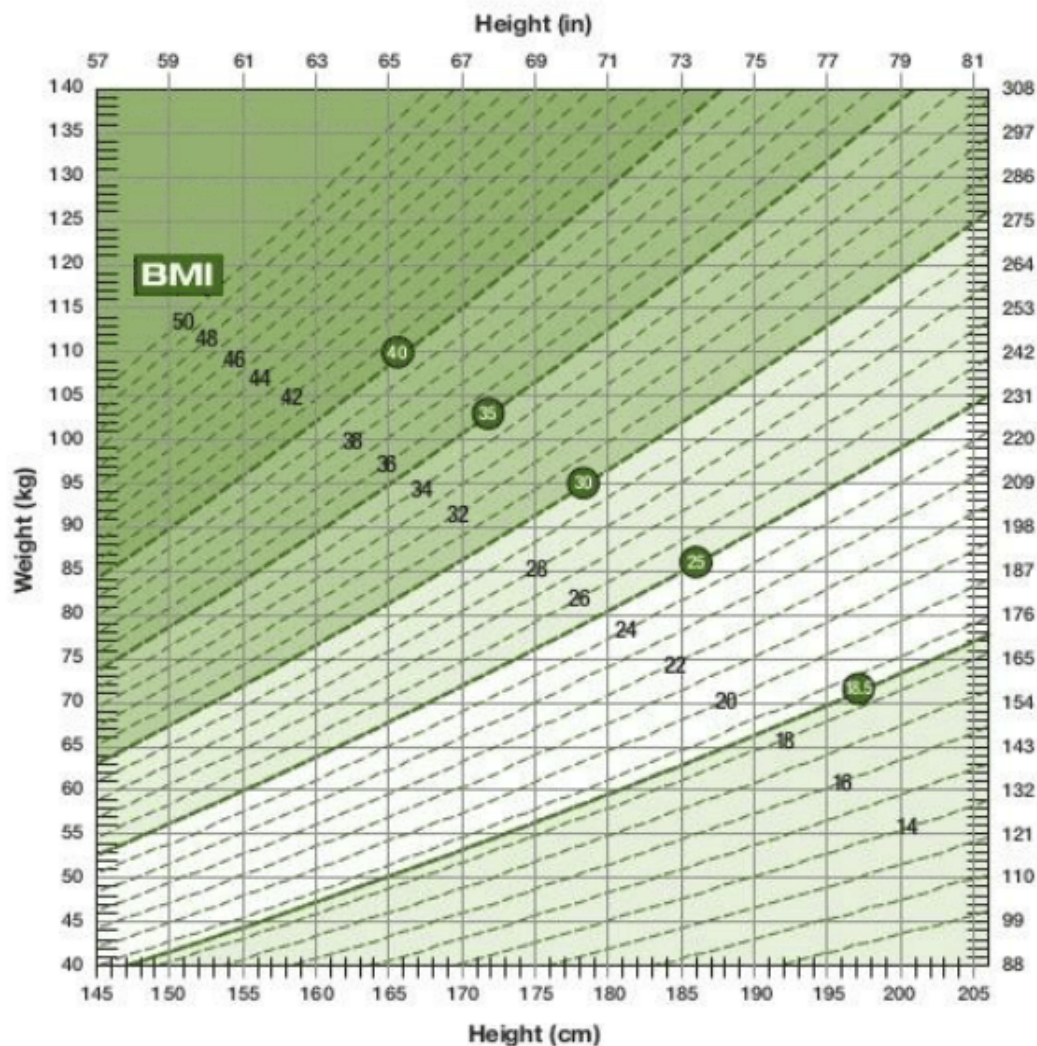
For Male, is your shirt collar 17 inches/43 cm or larger?
For Female, is your shirt collar 16 inches/41 cm or larger?

Yes No **Gender**

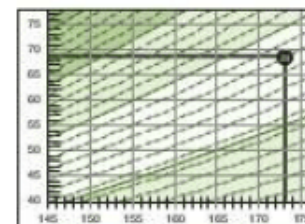
Are you Male?

If you have been previously diagnosed with Sleep Apnea and are actively using your prescribed sleep device, you do not need an additional sleep study referral.

- Body Mass Index (BMI) Nomogram -



For a quick determination of BMI (kg/m²), use a straight-edge to help locate the point on the chart where height (in or cm) and weight (lb or kg) intersect. **Read the number on the dashed line closest to this point.** For example, an individual who weighs 69 kg and is 173 cm tall has a BMI of approximately 23.



Refer to the table below to identify the level of health risk associated with a particular BMI.

BMI Formula

BMI can also be calculated using this formula

$$\text{BMI} = \frac{\text{weight in kilograms}}{(\text{height in metres})^2}$$

Note: 1 inch = 2.54 centimetres and 1 pound = 0.45 kilograms

BMI	Risk of developing health problems
< 18.5	Increased
18.5 - 24.9	Least
25.0 - 29.9	Increased
30.0 - 34.9	High
35.0 - 39.9	Very high
≥ 40.0	Extremely high

Note: For persons 65 years and older the 'normal' range may begin slightly above BMI 18.5 and extend into the 'overweight' range.

Adapted from: WHO (2000) Obesity: Preventing and Managing the Global Epidemic: Report of a WHO Consultation on Obesity.

To clarify risk for each individual, other factors such as lifestyle habits, fitness level, and presence or absence of other health risk conditions also need to be considered.

The full report "Canadian Guidelines for Body Weight Classification in Adults", and other resources are available online at:

www.healthcanada.ca/nutrition