

Sleep Apnea Clinical Score Questionnaire

Patient Name: _____

Date: _____

PATIENT: PLEASE ANSWER

1. Have you ever been diagnosed with sleep apnea or use CPAP?
 Yes No
 If yes, are you using CPAP generally every night for more than 4 hours per night?
 Yes No
2. Do you have high blood pressure or have you been told to take medication for high blood pressure?
 Yes No
3. People who have shared (or are sharing) my bedroom tell me that I snore. Please pick the best response for the frequency of snoring:
 I don't know
 Never
 Rarely (1-2 times per year)
 Occasionally (4-8 times per year)
 Sometimes (1-2 times per month)
 Often (1-2 times per week)*
 Usually (3-5 times per week)*
 Always (every night)*
4. I have been told by other people that I gasp, choke, snort or stop breathing while I am sleeping. Please pick the best response for the frequency of any of these symptoms:
 I don't know
 Never
 Rarely (1-2 times per year)
 Occasionally (4-8 times per year)
 Sometimes (1-2 times per month)
 Often (1-2 times per week)*
 Usually (3-5 times per week)*
 Always (every night)*

Neck Measurement: _____ cm

Total Number of Historical Features: _____

NURSING STAFF ONLY

(Circle the patient's score)						
Prediction of OSA - Sleep Apnea Clinical Score						
	Not Hypertensive			Hypertensive		
	Historical Features*			Historical Features*		
Neck Circ (CM)	None	One	Both	None	One	Both
<30	0	0	1	0	1	2
30-31	0	0	1	1	2	4
32-33	0	1	2	1	3	5
34-35	1	2	3	2	4	8
36-37	1	3	5	4	6	11
38-39	2	4	7	5	9	16
40-41	3	6	10	8	13	22
42-43	5	8	14	11	18	30
44-45	7	12	20	15	25	42
46-47	10	16	28	21	35	58
48-49	14	23	38	29	48	80
>49	19	32	53	40	66	110

*Historical Features: 1. Habitual snoring 2. Partner reports of gasping, choking or snorting

Probability of sleep apnea

- Low – Sleep Apnea Clinical Score <8
- Borderline – Sleep Apnea Clinical Score 8-14
- High – Sleep Apnea Clinical Score ≥15

Patient may be a difficult intubation (micrognathic mandible, large tongue base, narrow oropharyngeal inlet, enlarged tonsils).
Note: If checked, consider a PSG evaluation, especially if patient reports excessive daytime sleepiness in spite of a low Sleep Apnea Clinical Score.