

Surname, First Name:

Age:

Sex:

Questionnaire to assess sleep apnea

If BMI is between 35 and 40, please complete the questionnaire in order to assess the risk of obstructive sleep apnea (OSA).

Risk factors	Questions and Benchmarks	Identified Risks	
		Yes	No
Snoring	Do you snore loudly (loudly enough to be heard through closed doors or that your bed partner elbows you during the night for snoring)?	Yes	No
Fatigue	Do you often feel tired, fatigued, or sleepy during the day?	Yes	No
Respiratory stop	Has anyone noticed that you stop breathing or are choking/gasping for air during your sleep?	Yes	No
Blood pressure	Do you have or are you being treated for high blood pressure?	Yes	No
BMI	Is your Body Mass Index higher than 35 kg/m ² ?	Yes	No
Age	Are you over 50 years of age?	Yes	No
Large neck size (measured around the Adam's apple)	For a man , is your shirt collar 43 cm/17 inches or larger? For a woman , is your shirt collar 41 cm/16 inches or larger?	Yes	No
Sex	Were you born a male?	Yes	No
Score			

Score criteria:

Low risk of OSA: Yes to 0 to 2 questions

Intermediate risk of OSA: Yes to 3 to 4 questions

High risk of OSA: Yes to 5 to 8 questions

or Yes to 2 or more of the first 4 questions + male gender
or Yes to 2 or more of the first 4 questions + BMI > 35 kg/m²
or Yes to 2 or more of the first 4 questions + neck circumference
(43 cm/17 inches for men, 41 cm/16 inches for women)¹

Risk assessment

Low risk

Intermediate risk

High risk

Risk	Instructions
Low risk	We consider it safe for the patient to undergo surgery.
Intermediate risk	Please make further assessment of sleep apnea through polysomnography at home or in a sleep laboratory. The results must be sent to our team of anesthesiologists who will assess the possibility to perform surgery or not at the Centre Métropolitain de Chirurgie.
High risk	

Note that regardless of the level of risk, the patient aged 40 years and older with at least a comorbidity will be evaluated by our team of anesthesiologist to ensure a safe surgery.

¹ Tool adapted by the Centre Métropolitain de Chirurgie (2018) from STOP – Bang Method[®], University Health Network