

Name and Surname: _____

DOB: _____ Height: _____ Weight: _____

STOP-BANG Questionnaire:

	YES	NO
Do you snore loudly?		
Do you often feel tired during the day?		
Has anyone observed you stop breathing during sleep?		
Are you being treated for High Blood Pressure?		
BMI more than 35kg/m ²		
Age over 40 years?		
Neck circumference more than 40cm?		
Gender/ Male?		

Sleep Complaints:

	YES	NO
Trouble falling asleep?		
Trouble remaining asleep?		
Unwanted behaviours during sleep?		
Do you take sleeping tablets?		
Do you wake up gasping for air?		
Do you wake up with headaches?		
Trouble breathing through your nose?		

Additional Complaints:

	YES	NO
Excessively kicking your legs during sleep?		
Experience a strange feeling in your legs when falling asleep?		
Struggle to keep your legs still prior to sleep?		
Grind your teeth during sleep?		
Chronic pain that interferes with your sleep?		
Walk or talk during sleep / Act out your dreams?		
Experience muscle weakness in response to emotion?		
Experience inability to move when falling asleep / waking?		
Experience hallucinations when falling asleep / waking?		
Thoughts race through your mind when trying to fall asleep?		
Difficulty returning to sleep?		

Comorbidities:

Asthma	COPD	Emphysema	Depression	Sinusitis
Heart Failure	Diabetes	Stroke	Seizure	Reflux

Fibromyalgia	Nasal Fracture	Mood swings	Reflux	Erectile dysfunction
Other:				

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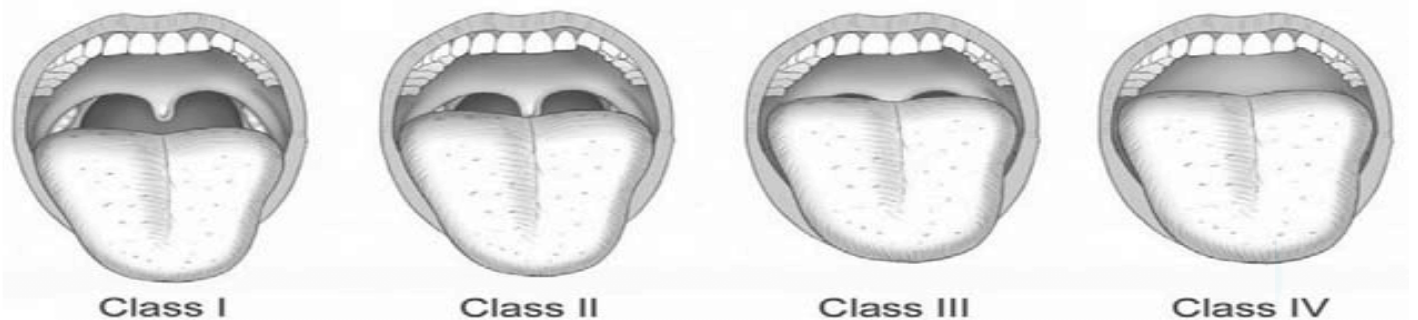
Epworth Sleepiness Scale (/24)

How likely are you to fall asleep in the following situations? 0 - Never; 1-Slight chance; 2-Moderate chance; 3- High chance	
Sitting and reading?	
Watching TV?	
Sitting inactive in a public place?	
As a passenger in a car for an hour without break?	
Lying down to rest in the afternoon?	
Sitting and talking to someone?	
Sitting quietly after lunch?	
In a car, while stopped for a few moments?	

Sleep Routine:

	Usual:	During Test:
Time in Bed:		
Frequent awakenings:		
Time awake:		
Sleep Quality		

Mallampati Score:



Measurements:

Neck: _____

Chest: _____

Abd: _____

Chronic Medicine:

Technologist's Comments:

Lungexpert

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