**Sleep Screening Key**

**Epworth Sleepiness Scale (ESS) Key**

The ESS is a standard self-administered questionnaire that measures a person’s general level of daytime sleepiness. The ESS rates the probability of falling asleep in eight different situations.

**Instructions:** The written instructions on the ESS are meant to be vague. Do not give further instructions. Do not give patients an interpretation of their ESS score until they have completed the questionnaire.

**Scoring:** Add up the scores. If a patient scores in fractions (i.e. ½ or 1½) then record these at face value. If the total score includes a fraction, then round up the total score to the next whole number.

**ESS Key**

 **0 – 10** Normal
 **11 – 24** Recommend medical follow-up for specialist treatment

*www.EpworthSleepinessScale.com*

**STOP – BANG**

The purpose of the STOP – BANG questionnaire is to determine “high” or “low” risk for sleep apnea.

STOP

*High risk of OSA:* answering **yes** to **two or more questions**

*Low risk of OSA:* answering **yes** to **less than two questions**

BANG

*High risk of OSA:* answering **yes** to **three or more items**

*Low risk of OSA:* answering **yes** to **less than three items**

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