Purpose Designed to screen for symptoms of obstructive sleep apnea (OSA) in surgical patients in particular and in all individuals in general, the questionnaire consists of four yes/no and four fill-in-the-blank questions primed by the mnemonic "STOP-Bang:" S – "Do you **S**nore loudly (louder than talking or loud enough to be heard through closed doors)?" T – "Do you often feel **T**ired, fatigued, or sleepy during daytime?" O – "Has anyone **O**bserved you stop breathing during your sleep?" P – "Do you have or are you being treated for high blood **P**ressure?" In order to improve the accuracy of the scale B – **B**MI, A – **A**ge, N – **N**eck circumference, and G – **G**ender are recorded. The scale was specifically developed for use in a preoperative setting, where untreated OSA is associated with increased postoperative complications and longer hospital stays [1]. The purpose was also to provide a short, easy to use scale that could be used in the clinical setting.

Population for Testing The scale has been validated with a population of surgical patients with a mean age of 57 ± 16.

Administration The STOP-Bang is a paper-and-pencil measure requiring approximately 1 min for completion.

Reliability and Validity To create the questionnaire, developers Chung and colleagues [1] analyzed a preexisting apnea scale – the Berlin questionnaire – and found that it consisted of four separate factors. Using these factors, the first four yes/no questions of the STOP-Bang were created. Developers also found that the inclusion of factors like **B**MI, **A**ge, **N**eck circumference, and **G**ender greatly increased the sensitivity of the measure and these were then added. The STOP-Bang possesses both sensitivity and specificity greater than 90% in patients with moderate-to-severe OSA.

Obtaining a Copy A copy can be found in the original article published by developers [1].

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Scoring For the first four yes/no questions, a response of "yes" is given one point. An additional one point is awarded for each of the following conditions: a BMI of more than 35 kg/m^2, an age of 50 years or greater, a neck circumference greater than 40 cm, and a final point for patients who are male. If only the first four items are being scored, a total score of two or more is considered high risk of OSA. When using the complete STOP-Bang, a total score of three or more places the individual at high risk.

STOP-BANG

STOP

Do you **S**nore?	Yes ❑	No ❑
Do you feel **T**ired, fatigued or sleepy during the day?	Yes ❑	No ❑
Has anyone **O**bserved you stop breathing in your sleep?	Yes ❑	No ❑
Do you have high blood **P**ressure ?	Yes ❑	No ❑

Please count the number of "Yes" responses and put the number in this box ❑

B BMI >35	**A** Age >50 y	**N** Neck Size > 40cm > 15.7"	**G** Gender - Male

If height is ft.in.	4'10"	5'0"	5'2"	5'4"	5'6"	5'8"	5'10"	6'0"	6'2"	6'4"
& weight is > lbs	167	179	191	204	216	230	250	258	272	287

Then **BMI** is > 35

S - ‏האם את/ה נוחר/ת?

T - ‏האם את/ה עייף/ה או ישנוני/ת במשך היום?

O - ‏האם מישהו ראה אותך מפסיק/ה לנשום בלילה?

P - ‏האם יש לך לחץ דם גבוה?

B- ‏35>BMI

A - ‏גיל מעל 50

N - ‏היקף צואר מעל 40 ס"מ

G - ‏גבר

References

1. Chung, F., Yegneswaran, B., Liao, P., Vairavanathan, S., Islam, S., Khajehdehi, A., & Shapiro, C. M. (2008). STOP questionnaire – a tool to screen patients for obstructive sleep apnea. *Anesthesiology, 108*(5), 812–821.

Representative Studies Using Scale

Farney, R. J., Walker, B. S., Rarney, R. M., Snow, G. L., & Walker, J. M. (2011). The STOP-Bang equivalent model and prediction of severity of obstructive sleep apnea: relation to polysomnographic measurements of the apnea/hypopnea index. Journal of clinical Sleep Medicine, 7(5), 459–465.

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Senthilvel, E., Auckley, D., & Dasarathy, J. (2011). Evaluation of sleep disorders in the primary care setting: history taking compared to questionnaries. Journal of Clinicinal Sleep Medicine, 7(1), 41–48.

Note: It should be noted that this is one of two scales that are used in the title of this book (see Chap. 96 for THAT).