

These four, yes or no “STOP” questions can help you determine your risk:

S: Do you snore **loudly** (louder than talking or loud enough to be heard through closed doors)?

T: Do you often feel **tired**, fatigued or sleepy during the day?

O: Has anyone **observed** you not breathing during sleep?

P: Do you have or have you been treated for high blood **pressure**?

You have a high risk of sleep apnea if you answered “yes” to two or more of these questions.

The questionnaire has an even higher predictive value when you answer four more questions from the “STOP-Bang” version:

B: Is your **Body Mass Index** more than 35 kg/m²?

A: Is your **age** more than 50 years old?

N: Is your **neck** circumference greater than 40 cm?

G: Is your **gender** male?

You have a high risk of sleep apnea if you answered “yes” to three or more of the eight STOP-Bang questions.