**WHY ARE WE ASKING ABOUT YOUR SLEEP?**

**SLEEP APNEA:**

**-Is Very Common and Undiagnosed**

**-Frequently Increases Cardiovascular Risk**

**-May Increase the Risk of Diabetes and Obesity**

**-May Compromise Your Health in Many Other Ways**

|  |  |  |
| --- | --- | --- |
| \*Do you or a family member have a smart device (mobile phone, tablet, or iPad)? | * Yes
 | * No
 |

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| --- |
| **\*STOP-BANG Questionnaire:** Please answer by checking “Yes” or “No” next to each of the below questions.  |
| **S**noring: Do you snore loudly, loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night? | * Yes
 | * No
 |
| **T**ired: Do you often feel Tired, Fatigued, or sleepy during the daytime (Such as falling asleep during driving or talking to someone)?  | * Yes
 | * No
 |
| **O**bserved: Has anyone Observed you Stop Breathing or Choking/Gasping during your sleep? | * Yes
 | * No
 |
| **P**ressure: Do you have or are being treated for High Blood Pressure?  | * Yes
 | * No
 |
| **B**MI: >35?  | * Yes
 | * No
 |
| **A**ge: >50?  | * Yes
 | * No
 |
| **N**eck circumference: >16 inches?  | * Yes
 | * No
 |
| **G**ender: Male?  | * Yes
 | * No
 |
| **Total Score** |  |

**---Office use only, please do not write below this line---**

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| **\*Indications/Diagnosis for the Sleep Study: Symptoms (*Please check at least 2 for WatchPAT® approval*)** |
| * E66.9 Obesity Unspecified
 | * G47.10 Excessive Daytime Sleepiness
 | * R45.4 Personality changes or irritability
 |
| * F32.9 Depression
 | * R03.0 Hypertension
 | * R53.82 Daytime Fatigue
 |
| * G44.021 Morning Headaches
 | * R06.83 Loud Snoring
 | * Witnessed Apneas during sleep
 |
| * G47.8 Unrefreshed by sleep
 | * R41.840 Difficulty Concentrating
 | * STOP-Bang (>3) Score:\_\_\_\_\_\_
 |

|  |  |  |  |
| --- | --- | --- | --- |
| * G47.1 Hypersomnia
 | * G47.30 Sleep Apnea Unspecified
 | * G47.33 Obstructive Sleep Apnea
 | * Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ***(must include Diagnosis Code)***
 |

|  |  |  |
| --- | --- | --- |
| **Patient qualifies for a WatchPAT® home sleep test?**  | * Yes
 | * No
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