

Who Needs a Sleep Study?

The following four-step guide, taken from the "OSA-50" screening questionnaire¹, is the first step in helping to identify Obstructive Sleep Apnoea in your patients

For every 'yes' record the full score

1. Obesity

Waist circumference*:

Males >102cm or Females >88cm

*Waist circumference to be measured at level of the umbilicus

3



2. Snoring

Has your snoring ever bothered other people?

3



3. Apnoea

Has anyone noticed that you stop breathing during your sleep?

2



4. 50 Years

Are you aged 50 years or over?

2



TOTAL SCORE:

___ /10

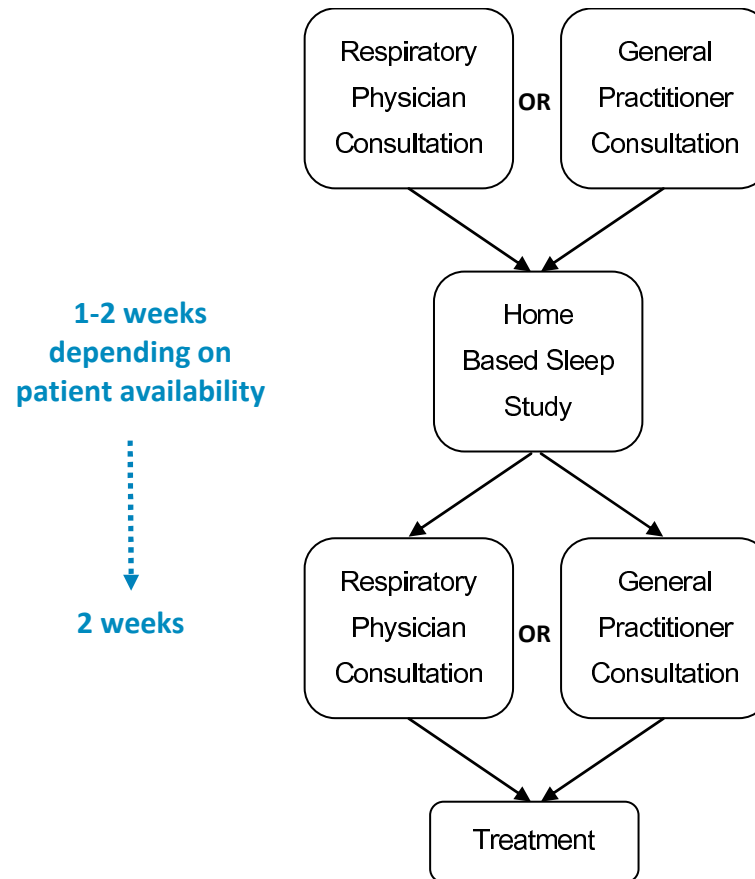
For scores of 5 points or more a sleep study is highly recommended to confirm Obstructive Sleep Apnoea



¹ "A Simplified Model Of Screening Questionnaire And Home Monitoring For Obstructive Sleep Apnoea In Primary Care"
Thorax, 2011;66:213-219. doi: 10.1136/thx.2010.152801

Sleep Study Pathways

If your patient scores 5 points or more in the 'OSA Questionnaire', then a sleep study is highly recommended to confirm obstructive sleep apnoea



Please Note: Pathway chosen depends on the level of GP management you would like