# STOP BANG Tool

**Obstructive Sleep Apnea (OSA)**
OSA is a sleep disorder when your breathing becomes too shallow or stops. If OSA is **not** treated it can have life-threatening results such as heart attack, stroke, high blood pressure, and other problems.

**Do I have OSA?**
When you came to the hospital, you were asked the STOP BANG questions. These questions measure your risk for OSA. If you answer yes to 4 or more of them, you have a higher risk for OSA.

- Do you **S**nore loudly?
- Do you often feel **T**ired during the day?
- Has anyone **O**bserved you stop breathing while sleeping?
- Do you have, or are you being treated for high blood **P**ressure?
- Is your **B**MI more than 35kg/m2?
- **A**re you over 50 years old?
- Is your **N**eck circumference > 16 inches (40cm)?
- **G**ender?

If you answer yes to these questions, it does not mean you have OSA. **You will need testing to find out if you have OSA**. Your doctor may suggest a sleep study to find out what your breathing patterns when you are asleep.

In the hospital we will have you sleep with the head of your bed up. This will help keep your airway passages open. We look at your oxygen level while you sleep. If your oxygen level is too low, we may give you extra oxygen. Some people may need continuous positive airway pressure also called CPAP. This is the most common treatment for OSA.

**CPAP**
CPAP is given through a machine that provides air pressure through a mask while you sleep. This pressure keeps your airway passages open which reduces snoring and improves oxygen levels.

CPAP must be ordered by a doctor or nurse practitioner.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2025. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7996