

A Tool to Screen Patients for Obstructive Sleep Apnea (OSA)

OSA50 Screening Questionnaire

The OSA-50 Screening Questionnaire is used to screen for Obstructive Sleep Apnoea (OSA) and assesses if you are at risk for Sleep Apnoea.

Please answer **Yes** or **No** to the following questionnaires and tabulate the scores accordingly.

OSA50 Screening Questions	
	If "yes" Score
Waist circumference* -Male> 102cm or Females >88cm	3 points
Snoring bothers others?	3 points
Witnessed apnoeas?	2 points
Age 50 or over?	2 points
Total OSA50 Score	_____ points OUT OF 10
*Waist measurement to be measured at the level of the umbilicus	

If you score 5 or higher, you need further investigation as you maybe at risk of Sleep Apnoea. The Epworth Sleepiness Scale (ESS) can also be used to further determine the necessity for a Portable Home-based Sleep Study.