

Sleep-Disordered Breathing Screening Tool



Structured screening tool for Naturopathic Doctors

Sleep-related breathing disorders, such as snoring and obstructive sleep apnea (OSA), pose significant health risks and are closely tied to the hormonal, metabolic, cardiovascular and mood concerns seen in naturopathic practice. Women often present with fatigue, insomnia, low mood or brain fog rather than loud snoring. This form pairs the validated STOP-Bang questionnaire with a symptom review, ND-relevant co-factors and an upper airway exam; the referral recommendation is based on the highest risk found in any section.

Patient Name:	Phone:
Date of Birth:	Email:
Sex assigned at birth:	

Medical Screening for Sleep-Disordered Breathing

Please answer the following questions below to determine if you might be at risk.

S Do you SNORE loudly?	YES NO	TOTAL YES:
T Do you often feel TIRED , fatigued or sleepy during the day?	YES NO	
O Has anyone OBSERVED you stop breathing or gasp in sleep?	YES NO	
P Do you have or are being treated for HIGH BLOOD PRESSURE ?	YES NO	
B BODY MASS INDEX more than 35?	YES NO	
A AGE older than 50?	YES NO	
N NECK size large (greater than 40 cm around)?	YES NO	Male Female Low Risk: 0–2 0–1 Moderate Risk: 3–4 2–3 High Risk: 5–8 4–8
G SEX assigned at birth = Male?	YES NO	

Male thresholds are the published STOP-Bang cut-offs. The lower female thresholds are a practice adjustment because STOP-Bang under-detects OSA in women; they are not separately validated.

Symptoms (Please mark all that apply)

- | | | |
|---|---|--|
| ☐ Snoring | ☐ Morning Headaches | ☐ Difficulty Concentrating |
| ☐ Waking Gasping or Choking | ☐ Feel Unrefreshed in Morning | ☐ Brain Fog or Poor Memory |
| ☐ Mouth Breathing | ☐ Frequent Waking, Restlessness | ☐ Irritability or Mood Changes |
| ☐ Dry Mouth on Waking | ☐ Frequent Urination at Night | ☐ Need Caffeine to Function |
| ☐ Nighttime Congestion | ☐ Night Sweating | ☐ Weight Gain |
| ☐ Chronic Cough or Throat Irritation | ☐ Grinding or Clenching at Night | ☐ Low Libido or ED |
| ☐ Morning Hoarseness | ☐ Jaw Clicking or Pain | ☐ Family History of Sleep Apnea |

Symptoms marked: _____ 5 or more? Move the STOP-Bang risk up one level (practice rule, not validated).

Medical Co-Factors (Please mark all that apply)

Heart & Metabolic

- ☐ High Blood Pressure
 - ☐ Controlled with meds
 - ☐ Not medicated
 - ☐ Meds taken with little effect
- ☐ Atrial Fibrillation
- ☐ Congestive Heart Failure
- ☐ Coronary Artery Disease
- ☐ Diabetes or Insulin Resistance
- ☐ GERD (gastric reflux)
- ☐ Chronic Fatigue Syndrome

Hormonal & Life Stage

- ☐ Perimenopause
- ☐ Post-menopause
- ☐ PCOS
- ☐ Hypothyroidism
- ☐ High BP or Diabetes in Pregnancy

Pain, Mood & Energy

- ☐ Fibromyalgia or Chronic Pain
- ☐ Anxiety
- ☐ Depression

Sleep, Airway & Lifestyle

- ☐ Insomnia
- ☐ ADD/ADHD
- ☐ Asthma
- ☐ Allergies
- ☐ Smoking or Vaping

Within 3 Hours of Bed

- ☐ Alcohol
- ☐ Sedatives or Sleep Aids
- ☐ Cannabis

Upper Airway Evaluation

Mallampati Classification:



○ Class I

○ Class II

○ Class III

○ Class IV

Class I-II Low Risk: ●
 Class III Moderate Risk: ●
 Class IV High Risk: ●

Tonsil Classification:



○ 0

○ 1

○ 2

○ 3

○ 4

Surgically removed tonsils

Tonsils hidden within tonsil pillars

Tonsils extending to the pillars

Tonsils are beyond the pillars

Tonsils extend to midline

0-1 Low Risk: ●
 2 -Moderate Risk: ●
 3-4 High Risk: ●

Clinical Recommendations:

Based on the highest risk of sleep-disordered breathing (SDB) found in STOP-Bang (with symptom adjustment), Mallampati class or tonsil grade:

- The patient is at **high risk** for SDB: A referral for a home sleep test is strongly recommended.
- The patient is at **moderate risk** for SDB: A referral for a home sleep test is recommended.
- The patient is at **low risk** for SDB: A referral for a home sleep test will be provided at your request.

Additional Notes:

Referrer Name: _____

Designation: _____

Signature: _____

Date: _____

Please submit referrals online at:
navisleep.com/referral