

SAB-SNOW QUESTIONNAIRE On Sleep-Disordered Breathing
(To be completed by the Patient or Parent or Guardian)

Response number:

Date:

Sex:

Age:

BMI: Height: ____cm Weight: ____Kg

Snore:

1. When are you snoring?

2. Over the last month, how often have loud breathing sounds been noticed?

- ☐ 1-2 times/week - 1 point
- ☐ 3-4 times/week - 2 points
- ☐ Every day - 3 points

3. How loud is snoring to disturb others?

- ☐ Mild - 1 point
- ☐ Moderate - 2 points
- ☐ Severe - 3 points

4. How do you breathe during the day?

- ☐ Nose - 1 point
- ☐ Mouth - 2 points
- ☐ Both - 3 points

5. How many times have you felt exhausted or resisted falling asleep while working, such during lectures or while driving?

- a. Rarely - 1 point
- b. 1-2 times/week - 2 points
- c. 3-4 times/week - 3 points

Notice:

6. Has any observer (family member or friend or teacher) seen the pause or gasp between breaths while asleep?

- ☐ No - 0 points
- ☐ Not sure - 1 points
- ☐ Yes -2 points

7. Are your family members disturbed by your breath sounds?

- ☐ No - 0 points
- ☐ Not Sure - 1 points
- ☐ Yes -2 points



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8. Have you reported to doctors or caregivers for declining focus, restlessness, or poorer grades related to tiredness?

- ☐ No - 0 points
- ☐ May be - 1 points
- ☐ Yes -2 points

Outcome:

9. Do you observe any symptoms

- ☐ No symptom- 0 point
- ☐ dry mouth- 1 point
- ☐ headache- 2 points
- ☐ restlessness/tiredness - 3 points

10. Do you feel fatigued or sleepy when you wake up from sleep?

- ☐ 1-2 times/week - 1 point
- ☐ 3-4 times/week - 2 points
- ☐ Every day - 3 points

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Well-being:

11. Is the patient currently on medication prescribed for elevated blood pressure?

- ☐ No - 0 points
- ☐ Don't know - 1 points
- ☐ Yes -2 points

12. Is the patient's upper neck circumference equal to or more noticeable than that of their peers?

- ☐ No - 0 points
- ☐ May be - 1 points
- ☐ Yes -2 points

13. Is the patient's abdomen circumference equal to or more noticeable than that of their peers?

- ☐ No - 0 points
- ☐ May be - 1 points
- ☐ Yes -2 points

Score: 5-11= low risk 12-20 = moderate risk 21-30= high risk → consider referral



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