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OSA-50 Screening Questionnaire

This OSA-50 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 questions and tabulate the scores accordingly.

OSA-50 Screening Questionnaire		If yes, score
Obesity	Waist circumference: Male > 102cm Female > 88cm (Waist to be measured at the level of the umbilicus)	3
Snoring	Has your snoring ever bothered other people?	3
Apnoea	Has anyone noticed you stop breathing during your sleep?	2
50	Are you aged 50 years or over?	2
Total score (out of 10)		

Notes

- A score of 5 or more will support patient eligibility for a bulk-billed Home Sleep Study to be conducted.
- A score of 4 or less requires a consultation with a Sleep Physician prior to conducting a bulk-billed Home Sleep Study.
- The Epworth Sleepiness Scale can also be used to further determine the necessity for a Home Sleep Study.