

| Sleep Apnea Clinical Score (SACS)

Historic features

1 Do you have **high blood pressure** or have you been told to take medication for **high blood pressure**?

Yes

No

2 People who have **shared (or are sharing)** my bedroom tell me that I snore:
(Please pick the best response for the **frequency** of your snoring)

Usually (3–5 times/week)

Always (every night)

3 I have been told by other people that I **gasp, choke, or snort** while I am sleeping:
(Please pick the best response for the **frequency** of any of these symptoms):

Usually (3–5 times/week)

Always (every night)

4 Neck measurement (we will measure you):

⚠ AREA DEDICATED TO PHYSICIANS

Prediction of Obstructive Sleep Apnea:

Sleep Apnea Clinical Score

		Not Hypertensive			Hypertensive		
		No historic features	Habitual snoring OR partner reports of gasping, choking, snorting	Habitual snoring AND partner reports of gasping, choking, snorting	No historic features	Habitual snoring OR partner reports of gasping, choking, snorting	Habitual snoring AND partner reports of gasping, choking, snorting
Neck circumference (cm)	< 30	0	0	1	0	1	2
	30-31	0	0	1	1	2	4
	32-33	0	1	2	1	3	5
	34-35	1	2	3	2	4	8
	36-37	1	3	5	4	6	11
	38-39	2	4	7	5	9	16
	40-41	3	6	10	8	13	22
	42-43	5	8	14	11	18	30
	44-45	7	12	20	15	25	42
	46-47	10	16	28	21	35	58
	48-49	14	23	38	29	48	80
	> 49	19	32	53	40	66	110

Probability of sleep apnea:

Low = sleep apnea clinical score < 15

High = sleep apnea clinical score ≥ 15

Total sleep apnea clinical score