



Lausanne NoSAS Score

Please fill in these informations to evaluate you sleep apnea risk :

Name :

Surname :

Height (cm) :

Wheight (kg) :

Age :

Neck circumference(cm) :

Gender : Male Female

Do you snore ? : Yes No

NoSAS Score scale system :

- Neck circumference 40 cm : 4 points
- Body Mass Index weight (kg) / height² (m) :
 - From 25 to 29.9 Kg/m² : 3 points
 - 30 Kg/m² or more : 5 points
- Snoring : 2 points
- Age > 55 years old : 4 points
- Male : 2 points

RESULTS : a score over 8 points suggets you may be at risk for sleep apnea.