Berlin Questionnaire (for sleep apnea)

Scoring Berlin questionnaire

Adapted from: Table 2 from Netzer, et al., 1999. (Netzer NC, Stoohs RA, Netzer CM, Clark K, Strohl KP. Using the Berlin Questionnaire to identify patients at risk for the sleep apnea syndrome. Ann Intern Med. 1999 Oct 5;131(7):485-91).

The questionnaire consists of 3 categories related to the risk of having sleep apnea. Patients can be classified into High Risk or Low Risk based on their responses to the individual items and their overall scores in the symptom categories.

Categories and scoring:

Category 1: items 1, 2, 3, 4, 5.

Item 1: if '**Yes**', assign **1 point**
Item 2: if '**c**' or '**d**' is the response, assign **1 point**
Item 3: if '**a**' or '**b**' is the response, assign **1 point**
Item 4: if '**a**' is the response, assign **1 point**
Item 5: if '**a**' or '**b**' is the response, assign **2 points**

Add points. <u>Category 1</u> is positive if the total score is 2 or more points

Category 2: items 6, 7, 8 (item 9 should be noted separately).
Item 6: if '**a**' or '**b**' is the response, assign **1 point**
Item 7: if '**a**' or '**b**' is the response, assign **1 point**
Item 8: if '**a**' is the response, assign **1 point**

Add points. <u>Category 2</u> is positive if the total score is 2 or more points

<u>Category 3</u> is positive if the answer to item 10 is 'Yes' OR if the BMI of the patient is greater than 30kg/m^2.
(BMI must be calculated. BMI is defined as weight (kg) divided by height (m) squared, i.e., kg/m^2).

High Risk: if there are <u>2 or more</u> Categories where the score is positive

Low Risk: if there is only 1 or no Categories where the score is positive

<u>Additional question</u>: item 9 should be noted separately.