Modified Berlin Questionnaire

CATEGORY 1

1. Do you snore?
Yes
No
Don't know

If you snore:

2. Your snoring is:
Slightly louder than breathing
As loud as talking
Louder than talking
Very loud – can be heard in adjacent rooms

3. How often do you snore
Nearly every day
3-4 times a week
1-2 times a week
1-2 times a month
Never or nearly never

4. Has your snoring ever bothered other people?
Yes
No
Don't Know

5. Has anyone noticed that you quit breathing or have apneic events during your sleep?
Nearly every day
3-4 times a week
1-2 times a week
1-2 times a month
Never or nearly never

CATEGORY 2

6. How often do you feel tired or fatigued after your sleep?
Nearly every day
3-4 times a week
1-2 times a week
1-2 times a month
Never or nearly never

7. During your waking time, do you feel tired, fatigued or not up to par?
Nearly every day
3-4 times a week
1-2 times a week
1-2 times a month
Never or nearly never

8. Have you ever nodded off or fallen asleep while driving a vehicle?
Yes
No

If Yes:

9. How often does this occur?
Nearly every day
3-4 times a week
1-2 times a week
1-2 times a month
Never or nearly never

CATEGORY 3

10. Do you have high blood pressure?
Yes
No
Don't know

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. Category 1 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. Category 2 is positive if the total score is 2 or more points

Category 3 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 2 or more Categories where the score is positive

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

Additional Question: item 9 should be noted separately.