

# PEDIATRIC SCREENING TOOL

## STBUR Questionnaire

**S**noring, **T**rouble **B**reathing, **U**n-**R**efreshed

Assesses presence of clinical symptoms consistent with  
Obstructive Sleep Apnea (OSA)/  
Sleep Disordered Breathing (SDB)

### DOES PATIENT:

**snore more than half the time?** YES=1, NO=0

**snore loudly?** YES=1, NO=0

**have trouble breathing/struggle  
to breathe?** YES=1, NO=0

**ever stop breathing during the  
night?** YES=1, NO=0

**wake up feeling un-refreshed?** YES=1, NO=0

**TOTAL SCORE** \_\_\_\_\_

**Patient with STBUR score  $\geq 3$  has high likelihood of  
sleep disordered breathing and is at moderate to high  
risk of perioperative respiratory adverse events.**

Tait AR, Voepel-Lewis T, Christensen R, O'Brien LM. The STBUR  
questionnaire for predicting perioperative respiratory adverse events  
in children at risk for sleep-disordered breathing. *Pediatr Anesth*.  
2013;23(6):510-516.

# AMERICAN ACADEMY OF PEDIATRICS GUIDELINES

## When to Order Sleep Testing:

### SNORING + 1

Other Sign/Symptom of Obstructive  
Sleep Apnea (OSA):

#### Signs/Symptoms of OSA

- ☐ Tonsillar hypertrophy
- ☐ Gasps/snorting/observed apnea
- ☐ Labored breathing during sleep
- ☐ Overweight
- ☐ Daytime sleepiness
- ☐ Attention-deficit/hyperactivity disorder
- ☐ Learning problems
- ☐ Headaches on awakening
- ☐ Sleep enuresis
- ☐ Failure to thrive/ Underweight
- ☐ Sleeping in seated position
- ☐ Sleeping with neck hyperextended
- ☐ Adenoidal facies
- ☐ Micrognathia/retrognathia
- ☐ High-arched Palate
- ☐ Hypertension
- ☐ Cyanosis