

Snoring and Sleep Apnea Q and A

What Is Obstructive Sleep Apnea (OSA)?

It is when your breathing stops or slows down while you are sleeping. If you snore loudly or gasp for air when you sleep, or you are always tired, you may have OSA.

OSA is often present with other diseases. If OSA is overlooked, it could be bad for your health.

- 43 million Americans currently have OSA
- 50% of patients with diabetes have OSA
- 30% of patients with high blood pressure have OSA

Have you been Diagnoses with the following?

Obstructive Sleep Apnea: Yes / No

Loud Snoring: Yes / No **High Blood pressure:** Yes / No **Heart disease:** Yes / No **Stroke:** Yes / No

Diabetes: Yes / No **Thyroid:** Yes / No **Insomnia:** Yes/ No **Depression:** Yes / No **COPD:** Yes / No

Morning Headache: Yes / No **Restless Leg Syndrome:** Yes / No **Night time Urination:** Yes / No

Epworth Sleepiness Questionnaire

Use the following scale to choose the most appropriate # for your situation.

0 = Never Doze 1 = Slight Chance 2 = Moderate Chance 3 = High Chance

Sitting and reading	0	1	2	3	
Sitting quietly in a public place	0	1	2	3	
Watching TV	0	1	2	3	_____ Total Score
Sitting quietly after lunch w/o alcohol	0	1	2	3	
As a passenger in a car not stopping to stretch	0	1	2	3	
In a car while stopped in traffic for a few minutes	0	1	2	3	
Laying down to rest in the afternoon	0	1	2	3	
Sitting and talking to someone	0	1	2	3	