

Screening for Obstructive Sleep Apnea

Name _____

Date _____

Obstructive Sleep Apnea (OSA) is a common, but serious medical condition that can affect your sleep, health and quality of life. If left untreated, OSA sufferers are at higher risk of:

- Excessive daytime sleepiness
- High blood pressure
- Heart attack
- Stroke
- Diabetes
- Decreased sex drive
- Driving and work-related accidents

OSA can be dangerous. It's important to treat OSA if you have it.

Answer the following questions to find out if you are at risk. Your health is important to us!

S	Snoring	Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?	YES	NO
T	Tired	Do you often feel tired, fatigued, or sleepy during the day?	YES	NO
O	Observed	Has anyone observed you stop breathing or gasp during sleep?	YES	NO
P	Blood Pressure	Have you had, or are you currently being treated for, high blood pressure?	YES	NO
B	BMI	Is your BMI (body mass index) greater than 35?	YES	NO
A	Age	Are you over 50 years old?	YES	NO
N	Neck Circumference	Is your neck size greater than 17" (male) 16" (female)?	YES	NO
G	Gender	Are you male?	YES	NO