

## SLEEP APNEA

Over 70 million people in America have a sleep disorder. If left untreated, it can have serious effects on your health. The most common sleep disorder is Sleep Apnea.

If you or someone you know snores nightly and has one or more of the following signs or symptoms, it is important to discuss your finding with your physician. It could be just a simple sleep study that will get you on the road to a better night's sleep!

### SLEEP APNEA QUIZ:

Please answer Yes or No to the following questions:

- |                                                                                 |     |    |
|---------------------------------------------------------------------------------|-----|----|
| 1) Have you ever been told that you seem to stop breathing/gasp while sleeping? | Yes | No |
| 2) Do you often feel exhausted and have trouble functioning during the day?     | Yes | No |
| 3) Have you had or come close to having an accident due to sleepiness?          | Yes | No |
| 4) Do you have trouble getting up in the morning?                               | Yes | No |
| 5) Do you seem to be losing your sex drive?                                     | Yes | No |
| 6) Do you feel that your concentration and/or your memory are getting worse?    | Yes | No |
| 7) Do you snore loudly to the point of disturbing others?                       | Yes | No |
| 8) Do friends or family members say that you are moody or irritable?            | Yes | No |
| 9) Are you overweight? (over your ideal weight)?                                | Yes | No |
| 10) Do you have high blood pressure?                                            | Yes | No |
| 11) Is your neck size greater than 17" for a man and 16" for a woman?           | Yes | No |
| 12) Do you fall asleep in a public place?                                       | Yes | No |
| 13) Do you wake in the morning with a headache?                                 | Yes | No |
| 14) Do you wake in the morning not feeling refreshed?                           | Yes | No |
| 15) Do you wake up during the night with a choking sensation?                   | Yes | No |
| 16) Do you wake up during the night feeling startled?                           | Yes | No |
| 17) Do you have to fight sleep while watching a movie, in a meeting or driving? | Yes | No |