

Any answers **within the inner boxes** are considered **positive responses**.

1. Do you snore?

- yes
- no
- don't know

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

5. Has anyone noticed that you quit breathing 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

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 waketime, 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, 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

9. Do you have high blood pressure?

- yes
- no

10. Is your BMI >30 (see table on back)

- yes
- no

Scoring the questions:

For questions 1-5, did you have 2 or more positive responses?

Yes No

For questions 6-8, did you have 2 or more positive responses?

Yes No

For questions 9-10, did you have 1 or more positive responses?

Yes No

If you have 2 or more "yes" boxes checked above, this indicates a high likelihood of sleep disordered breathing. Please discuss this with your physician.

Quick Facts about OSAS

Prevalence:

- 3% of the adult population – 18 million Americans affected
- Serious health consequences if left untreated
- Highest incidence is in 40-65 years of age

Signs and Symptoms:

- Snoring
- Excessive daytime sleepiness
- Breathing pauses during sleep
- Snorting or gasping during sleep

Consequences:

- Feeling tired all the time
- Falling asleep when you don't want to
- Risk of hypertension, heart failure, stroke

BMI Table

Height	Weight*
4' 10"	143
4' 11"	148
5' 0"	153
5' 1"	158
5' 2"	163
5' 3"	169
5' 4"	174
5' 5"	180
5' 6"	186
5' 7"	191
5' 8"	197
5' 9"	203
5' 10"	209
5' 11"	215
6' 0"	221
6' 1"	227
6' 2"	233
6' 3"	240
6' 4"	246

* If your weight is greater than the value in the right column for your height, answer yes to question 10

**YOUR SNORING
MAY BE DOING
MORE THAN JUST
CAUSING YOUR
SPOUSE TO LOSE
SLEEP...**

