

5 simple questions for sleep apnea evaluation

Sleep apnea is a common breathing problem that can affect your sleep, health and quality of life. If you think you may suffer from sleep apnea, answer the five questions listed below.

Question	YES	NO
Do you snore? _____	<input type="checkbox"/>	<input type="checkbox"/>
Are you excessively tired during the day? _____	<input type="checkbox"/>	<input type="checkbox"/>
Have you been told that you stop breathing during sleep? —	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a history of hypertension? _____	<input type="checkbox"/>	<input type="checkbox"/>
Is your neck size greater than 17 inches (male) _____ or greater than 16 inches (female)?	<input type="checkbox"/>	<input type="checkbox"/>

YES to two or more of these questions is a positive screen for sleep apnea. If you answered YES to two or more questions, show this completed questionnaire to your doctor.

