

Talking to your doctor

Points to discuss with your doctor

These points will help you discuss your symptoms with your doctor. Take them with you to your doctor and be sure to ask any additional questions you may have.

- My spouse told me that I stop breathing during sleep.
- I'm tired all day, even after eight hours of sleep.
- I have no energy throughout the day.
- I have the following additional symptoms (describe all): snoring, depression, excessive sleepiness, poor concentration, weight gain or loss, sexual dysfunction.
- Is there a test I can take to determine if I have sleep apnea?
- Will my insurance cover a sleep test?



Questions your doctor may ask you

Be ready for your doctor to ask you some questions, and be as thorough as possible when answering. If someone has seen you stop breathing during sleep, bring that person with you to describe it, if possible.

- Do you snore?
- Do you wake up in the night gasping for air?
- Do you have high blood pressure?
- Does anyone tell you that you stop breathing during sleep?
- Are you tired after a full night's sleep?
- Are you tired throughout the day?
- Are you depressed?
- Do you ever fall asleep while watching television or stopped in traffic at a stoplight?