

WHAT'S YOUR SNORE SCORE?

- 1) Are you a loud and/or regular snorer?
 Yes No
- 2) Have you ever been observed to gasp or stop breathing during sleep?
 Yes No
- 3) Do you feel tired or groggy upon awakening, or do you awaken with a headache?
 Yes No
- 4) Are you often tired or fatigued during the wake time hours?
 Yes No
- 5) Do you fall asleep sitting, reading, watching TV or driving?
 Yes No
- 6) Do you often have problems with memory or concentration?
 Yes No

If you have one or more of these symptoms you are at higher risk for having obstructive sleep apnea. If you are also overweight, have a large neck, and/or have high blood pressure the risk increases even further.

If you or someone close to you answers "yes" to any of the above questions, you should discuss your symptoms with your physician or a sleep specialist. Or ask the American Sleep Apnea Association for more information on the diagnosis and treatment of sleep apnea. Different treatment options exist; which is right for you depends upon the severity of you apnea and other aspects of the disorder. Talk to your doctors about choices. Untreated, obstructive sleep apnea can be extremely serious and cannot be ignored.