

# Apnea Facts:

- There are *more than* two million people in the United States that have been diagnosed with sleep apnea.
- An *estimated 10 to 12 million* Americans suffer from undiagnosed sleep apnea.
- Sleep apnea is *at least as prevalent* as diabetes, although not as widely discussed.
- Sleep apnea *is a contributor* to heart disease, heart damage, lung damage, depression, and memory loss.
- Sleep apnea is *not* curable, but it can be effectively treated without surgery or drugs.
- Weight loss is *not* a cure for sleep apnea.

Five vertical lines for writing.

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## *World-Class Snoring Quiz*



*How do you rate?*

# Do *you* have sleep apnea?

Circle the numbers of the questions that may apply to you:

1. I sometimes suffer daytime sleepiness.
2. I've dozed off in church.
3. I doze off on occasion and sometimes wake up with a "snort."
4. I've been told I hold my breath or stop breathing while I sleep.
5. I'm restless in my sleep, frequently tossing and turning.
6. I'm 15 pounds or more overweight.
7. I wake up more than once during the night to visit the bathroom.
8. I seem to be losing my sex drive, or my ability to perform in bed.
9. I sometimes wake up in the night suffering heartburn.
10. I often wake up with a sore throat or a dry mouth and throat.
11. I often wake up with headaches.
12. I cannot wake up, at times, from a nightmare, and I sometimes feel paralyzed and panic.
13. I wake up at times, feeling my heart thumping, and sometimes with irregular beat.
14. I've got high blood pressure.
15. My friends and family say I'm sometimes grouchy and irritable.
16. I suffer memory lapses.
17. I often sleep 8 hours or more, but I never feel refreshed or rested.

18. I often awake perspiring heavily.
19. It seems I'm tired a lot of the time.
20. I have difficulty concentrating.
21. I frequently feel depressed.
22. I feel as though I'm getting old too fast.
23. I wish I had more energy and less fatigue.
24. My neck measures over 17 inches (male) or over 16 inches (female).
25. I sometimes fall asleep watching TV – even a show I enjoy watching.
26. I often feel sleepy and have to struggle to stay alert, especially during meetings or quiet work.
27. I've actually fallen asleep while driving.
28. I've fallen asleep at a stoplight or stop sign.
29. I've been told I snore.

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A score of **five or more** means you *could* have Obstructive Sleep Apnea (OSA). The risks of undiagnosed and untreated OSA include *heart attack, stroke, impotence, irregular heartbeat, high blood pressure, memory loss, depression, and heart disease*. Sleep apnea is a **life-threatening** condition that is attributed to the **deaths** of more than 38,000 people each year, according to the National Commission on Sleep Disorders Research (NCSDR).

Take this form, which is intended to serve as a springboard for diagnosis, but also to increase the public's knowledge about sleep apnea, to your next doctor's appointment and discuss your responses. It is estimated that 10 million Americans suffer undiagnosed sleep

apnea. The hope is that this questionnaire will provide a springboard for discussion between those suffering sleep disorders and their physicians.

There are treatments available for sleep apnea. These treatments work to eliminate apneas (periods when you do not breathe during sleep) and snoring without surgery or drugs, but you must visit a sleep center or clinic to be tested, and are covered by most health insurance plans in the United States.

If you've answered this questionnaire honestly – for yourself – and believe you may have sleep apnea, please consult a physician immediately. Polysomnograms, also called "sleep studies," can be performed to see if you do have apnea, or any other sleep disorder. Sleep studies are simple and painless, and covered by most health insurance plans.

The Internet provides many credible sources of information about sleep apnea. The National Heart, Lung, and Blood Institute's website (<http://www.nhlbi.nih.gov/>) contains a vast wealth of information on sleep apnea, including downloadable files.

A Usenet newsgroup, [alt.support.sleep-disorder](mailto:alt.support.sleep-disorder), also can be a terrific resource.

This form is distributed by *Awake in Philly Community Education Group*. For more information, visit the group's website at <http://www.awakeinphilly.org/> or email the group: [PhillyAwake@scoop0901.net](mailto:PhillyAwake@scoop0901.net)

*Awake in Philly* is designed to offer support to anyone who must deal with the impact of sleep disorders, including the patient, the spouse, a co-worker or supervisor, researchers, physicians, attorneys, among others. Everyone is encouraged to attend the meetings.