



THE STOP-BANG QUESTIONNAIRE FOR SLEEP APNEA

These **Yes or No** questions can help determine your risk of Obstructive Sleep Apnea:

- S:** Do you **Snore** loudly (louder than talking or can you be heard through a closed door?)
- T:** Do you often feel **Tired**, fatigued or sleepy during the day?
- O:** Has anyone **Observed** you stop breathing during sleep?
- P:** Do you have or have you been treated for **High Blood Pressure**?
- B:** Is your **Body Mass Index (BMI)** more than 35 kg/m²?
- A:** Is your **Age** more than 50 years old?
- N:** Is your **Neck** circumference greater than 16 inches?
- G:** Is your **Gender** male?

If you answered “**YES**” to **3-4** questions you have an **Intermediate Risk** of having Sleep Apnea.

If you answered “**YES**” to **5 or more** of these questions you are at **HIGH RISK** of having Sleep Apnea.

Have you had a sleep study and been diagnosed with Obstructive Sleep Apnea?

Make sure you speak to your doctor about treatment options right for you.

The Consequences of Obstructive Sleep Apnea

Obstructive sleep apnea afflicts 1 in every 5 Americans. What other problems arise for OSA patients?

STROKE

- ▶ Men with moderate to severe OSA were nearly 3x more likely to have a stroke.
- ▶ OSA is often found in patients following a stroke.
- ▶ Risk of stroke rises with severity of the disease.

STRESS ON THE HEART

HYPERTENSION

- ▶ Sleep apnea is an identifiable cause of high blood pressure.
- ▶ OSA is the leading cause of secondary hypertension.

CORONARY ARTERY DISEASE

CARDIAC ARRHYTHMIAS

- ▶ 4x as likely to have atrial fibrillation.

CONGESTIVE HEART FAILURE

- ▶ Moderate OSA have increased mortality rates.
- ▶ New patients are screened for OSA.

HEART DISEASE

SUDDEN DEATH

- ▶ OSA sufferers have a 30% higher risk of heart attack or premature death.

MEDICAL COSTS

- ▶ Unrelated sleep apnea costs Americans an extra 4.3 billion per year.
- ▶ Treated sleep apnea can halve a patient's healthcare costs.

More than 50% of sudden deaths from OSA occur between 10pm and 6am.

Change in annual health care costs per patient after treating OSA:

\$200,000

POOR SLEEP*

MOOD DISTURBANCE

- ▶ Depression
- ▶ Anxiety
- ▶ Loss of motivation
- ▶ Shortened attention span
- ▶ Moodiness and bad temper
- ▶ Poor judgment

DAYTIME SLEEPINESS

- ▶ 6-fold increased risk of car accidents
- ▶ Impaired concentration and memory loss
- ▶ Reduced work efficiency
- ▶ Reduced alertness
- ▶ Slower reaction time

LOUD SNORING

- ▶ Relationship discord
- ▶ Morning headaches caused by oxygen deprivation

DIABETES TYPE II

- ▶ Lack of insulin control and poorly controlled blood sugars
- ▶ 58% have OSA

OBESITY

- ▶ As sleep shortens or diminishes in quality, appetite for high-calorie food increases.
- ▶ Obesity is the best documented risk factor for OSA. It is estimated that 90% of obese males and 50% of obese females have OSA.
- ▶ The prevalence of OSA increases with body mass index (BMI).
- ▶ Approximately 80% of OSA patients weigh 130% or more of their ideal body weight.

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

SEXUAL DYSFUNCTION

- ▶ Loss of libido
- ▶ Impotence

NOCTURIA

- ▶ Frequent urination at night

