

SLEEP DISORDER AWARENESS

Health Risk for Untreated Sleep Apnea:

- High blood pressure
- Heart disease
- Type II Diabetes
- Stroke
- Depression
- Weight gain
- Acid reflux
- Car accidents

Causes of Sleep Apnea:

- Obesity
- Neck circumference for men greater than 17" and for women greater than 16"
- Narrow airways
- Advanced Age
- Genetics
- Alcohol

Take the Epworth Sleepiness Scale and see if you are at risk for a Sleep Disorder

Use the following scale to choose the most appropriate number for each situation:

- 0 = would **NEVER** doze
- 1 = **SLIGHT** chance of dozing
- 2 = **MODERATE** chance of dozing
- 3 = **HIGH** chance of dozing

Situation

- Sitting and reading
- Watching TV
- Sitting, Inactive in a public place (Movie theatre or a meeting).....
- As a passenger in a car for one hour without a break.....
- Lying down to rest in the afternoon when circumstances permit
- Sitting and talking to someone.....
- Sitting quietly after lunch without alcohol.....
- In a car, while stopped for a few minutes in traffic.....

Chance of Dozing

Total

Score:

- 0-9 Normal Range
- 10-12 Borderline
- 13-24 Abnormal

***For borderline or abnormal results, please contact your Primary Care Provider to inquiry about having a sleep study.*