

This questionnaire helps estimate your risk for having obstructive sleep apnea. The higher your score, the more likely you are to have obstructed breathing in your sleep. In general, scores of 3 or higher are associated with a high risk for this condition.

Directions

1. Answer each question, either “yes”, “no” or “not sure.”
2. Total up the “yes” answers and the “not sure” answers in the boxes at the bottom.
3. Add up the “yes” and “not sure” totals and circle the corresponding score on the right.

Yes	No	Not Sure							
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have you been told (or noticed on your own) that you snore on most nights?						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have you been told (or noticed on your own) that you stop breathing or struggle to breathe in your sleep?						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you tired, fatigued or sleepy on most days?						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you have acid indigestion or high blood pressure (or use medication to control either of these conditions)?						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you overweight?						
	+		=	0	1	2	3	4	5
Yes total		Not Sure total		low risk	medium risk		high risk		

What if I have a high risk score?

With a score of 4 or 5, your risk of having obstructive sleep apnea is greater than 95%. Your primary care doctor (or a Sleep Medicine specialist) can provide you with additional information about how obstructive sleep apnea is diagnosed and treated. Treatment often results in an increase in energy, alertness and well being.

What if I have a medium risk score?

With a score of 2 or 3, your risk of having obstructive sleep apnea is in the range of 50% to 75%. You may want to talk to your primary care doctor, especially if you know you snore or if you’ve been told that your breathing is labored

Bring this questionnaire into your sleep specialist appointment