



# Obstructive Sleep Apnea (OSA) Risk Assessment

## DO YOU HAVE OBSTRUCTIVE SLEEP APNEA? ② YES ① OCCASIONALLY ① NO

- Do you smoke?
- Do you drink alcohol close to bedtime?
- Have you been told you snore?
- When you get 7 to 8 hours of sleep, are you still fatigued or sleepy during the day?
- Do you have morning headaches?
- Are you more than 10% above ideal body weight?
- Do you have difficulty losing weight?
- Do you have hypertension?
- Do you have acid reflux?
- Do you have insomnia?
- Do you take antidepressants or sleep aids?
- Do you have difficulty remembering names?
- +  Do you take medications for impotence?
- =  **TOTAL POINTS**

### SCORE TOTAL POINTS:

- 0-4 unlikely suspicion of OSA
- 4-6 low suspicion
- 7-9 moderate suspicion
- 10 + high suspicion

### DID YOU KNOW THAT:

- OSA interrupts your ability to lose weight
- OSA is the single biggest reason spouses don't sleep in the same bed
- OSA causes significant memory loss
- OSA keeps you sleepy through the day