

Sleep Apnea

Symptoms and Risk Factors

If you or a loved one suspects sleep apnea, the time to act is now.

Sleep apnea is a serious sleep disorder affecting nearly 18 million Americans, the majority of whom remain undiagnosed. Continuing advancements in identification and treatment mean fewer must suffer unknowingly.

Below are two checklists of common sleep apnea symptoms and risk factors. Your answers will help you identify some important items to discuss with your doctor. At your consultation, be sure to mention any current health conditions or concerns you have, as well as any medications you're taking.

Common Symptoms (Check all that apply)

- Tired even after a full night's sleep
- Snoring
- Waking up gasping or choking
- Observed to stop breathing in your sleep
- Fallen asleep while driving
- Unexpected weight changes
- Morning headaches
- Insomnia
- Frequent need to urinate at night
- Regularly waking with a dry throat or mouth

Common Risk Factors (Check all that apply)

- Neck size exceeds 17" for males, 16" for females
- Narrow airway
- Male
- Overweight or obese
- High blood pressure
- Diabetes
- Over 50 years old
- Heart Disease
- Family history of sleep apnea
- Smoker

Disclaimer: The above questionnaire is neither intended for nor is to be used as a substitute for medical advice or diagnosis. Any concerns about your health should be discussed with a licensed healthcare professional.



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