

ARE YOU

AT RISK

FOR OBSTRUCTIVE SLEEP APNEA?

OBSTRUCTIVE SLEEP APNEA (OSA)

is a condition that leads to trouble breathing during sleep. OSA is dangerous. It is important to treat OSA if you have it.

If you have a disruption in your breathing that lasts 10 seconds or more, it can be stressful to your brain and heart.

People who have blockage in their breathing more than 15 times per hour of sleep are at a higher risk of:

- Heart attacks
- Heart failure
- Heart rhythm problems
- Strokes
- Sleepiness that can lead to car crashes

REAL STORIES FROM REAL PEOPLE

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I was worried if I would be able to sleep on the night of the sleep test. I was pleasantly surprised.

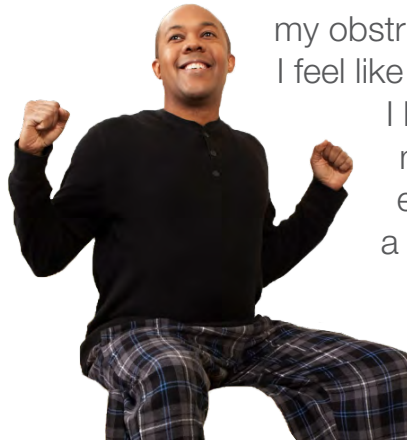
PATRICIA J



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Since starting treatment for my obstructive sleep apnea, I feel like a new person. I have energy for my family in the evenings, even after a full day at work.

ADAM Q



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I'm so glad my doctor asked me about snoring. I was too embarrassed to bring it up myself.

JOAN M



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DO YOU HAVE _____ **SYMPTOMS** _____ **OF OSA?**

DO YOU _____?

- Snore
- Stop breathing while sleeping

HAS YOUR SLEEPINESS EVER _____?

- Resulted in a car crash
- Led to a near-miss while driving

AT NIGHT, DO YOU:

- Wake up gasping or choking?
- Have frequent awakenings?
- Wake up to go to the bathroom?

DURING THE DAY, DO YOU:

- Feel sleepy or “doze off” without meaning to?
- Have headaches in the morning?
- Have difficulty with memory or concentrating?

AT RISK CHECKLIST *(Check all that apply)*

- Overweight or obese
(Body mass index (BMI) > 30)
- High blood pressure
- Neck size > 17 inches for men
- Neck size > 16 inches for women
- Coronary artery disease or heart attack
- Atrial fibrillation or other heart rhythm problems
- Congestive heart failure
- Type 2 diabetes
- Stroke
- Sleepy during the day



IF YOU CHECKED SOME OF THESE BOXES, ASK YOUR DOCTOR IF YOU SHOULD BE EVALUATED FOR SLEEP APNEA OR ANOTHER SLEEP DISORDER.