

**STOP BANG Screener (Check Yes or No)**

<b>S (snore)</b> Do you snore?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
<b>T (tired)</b> Do you feel fatigued during the day? Do you wake up feeling like you have not slept?	<input type="checkbox"/>	<input type="checkbox"/>
<b>O (obstruction)</b> Have you been told you stop breathing at night? Do you gasp for air or choke while sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
<b>P (pressure)</b> Do you have high blood pressure or are on medication to control high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
SCORE: If you checked YES to two or more questions on the STOP portion you are at risk for OSA.		
<b>B (BMI)</b> Is your body mass index greater than 28?	<input type="checkbox"/>	<input type="checkbox"/>
<b>A (age)</b> Are you 50 years old or older?	<input type="checkbox"/>	<input type="checkbox"/>
<b>N (neck)</b> Are you a male with neck circumference greater than 17 inches, or a female with neck circumference greater than 16 inches?	<input type="checkbox"/>	<input type="checkbox"/>
<b>G (gender)</b> Are you a male?	<input type="checkbox"/>	<input type="checkbox"/>

**Epworth Sleepiness Scale (Rate with 0 - 3 scale)**

How likely are you to doze off or fall asleep in the following situations? 0 = Never   1 = Slight chance   2 = Moderate chance   3 = High chance	0	1	2	3
Sitting and reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watching TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting inactive in a public place (theater/meeting)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Riding as passenger for a continuous hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lying down to rest in the afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting and talking to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting quietly after a lunch without alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sitting at a traffic stop light for a few minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TOTAL</b>				

SCORE: 0-10 Normal range 10-12 Borderline 12-24 Sleepy

# Why is sleep apnea harmful?

## Cumulative Effect of OSA

As obstructive sleep apnea (OSA) develops, it has a cumulative effect. This means that the longer the disease goes untreated, the greater the negative side effects and associated health risks. If sleep apnea remains untreated, other health conditions may emerge or current health problems may heighten, including:

- High blood pressure
- Heart disease
- Heart attack
- Heart failure
- Stroke
- Diabetes
- Depression
- Reflux disease (GERD)
- Atherosclerosis
- Gestational diabetes
- Sexual dysfunction

## Consequences of OSA

- Difficulty concentrating on tasks such as driving - fatal car accidents are increased seven-fold
- Excessive daytime sleepiness
- Morning and daytime headaches
- Generalized irritability
- Impaired emotional functioning
- Sleep disordered breathing in childhood may be instrumental in delaying or damaging cognitive development

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CUT HERE

# Do you or a loved one have sleep apnea?

50-70 million Americans suffer from sleep disorders. Snoring can be a sign of sleep apnea.



What is sleep apnea?  
 How harmful is it?  
 How can it be diagnosed?  
 Can it be treated?

Easy screening test inside



# What is sleep apnea?

Sleep apnea is the failure to breathe while you sleep. Obstructive sleep apnea is the most common type of apnea. In this form of the disease, the airway collapses, cutting off airflow to the lungs (see Figure 1).

A partial airway obstruction causes the upper airway tissues to vibrate and produce the sound of the classic snore. About 30 million Americans have undiagnosed sleep apnea.

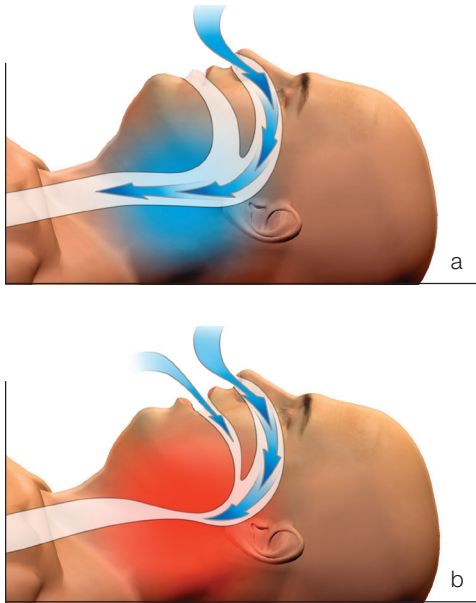


Figure 1: (a) This picture of the mouth and throat shows the normal airway passage. (b) With obstructive sleep apnea, the muscles in the airway relax, closing down the airway, keeping oxygen from getting to your lungs and to the rest of your body.

## Diagnosis

### Talk to Your Healthcare Provider

Complete the attached Sleep Screening Questionnaire and give it to your healthcare provider to start the discussion. If appropriate, your healthcare provider will prescribe a sleep test for you.

### Testing in a Sleep Lab

This will require you to go to a sleep center and spend the night in their facility. In order to evaluate you for a number of sleep diseases, electrodes will be attached to your head and body to perform a full sleep study. In some labs, you may try on a Continuous Positive Airway Pressure (CPAP) mask and see what therapy is like should you need it.

### Home Sleep Testing

You may be prescribed a home sleep test. This offers an easier option, as you will be able to spend the night in your own bed in familiar surroundings. After a brief training by your healthcare provider, you can take a portable sleep diagnostic device home for a self-administered sleep test. This could save you and/or your insurance company money, as the typical cost of a home sleep test is only a fraction of the cost of an in-lab sleep test.



## Treatment

CPAP is the most common treatment for obstructive sleep apnea. CPAP is non-invasive (it does not enter the body). The CPAP machine is small and pulls in room air, compresses it and blows it into a tube which is attached to a mask worn by the patient. The pressurized air from the CPAP keeps the airway open, allowing the patient to breathe.

### Other Treatment Options

While CPAP is the common treatment option, other modalities of treatment do exist, including:

- Lifestyle changes
- Positional therapy
- Weight loss
- Oral appliances
- Surgical procedures

### Benefits of Treatment

Patients who treat obstructive sleep apnea will return to a more normal sleep pattern allowing the body its much needed rest. Patients will feel more awake and energetic allowing increased focus and activity throughout the day. Benefits also include reduced risk for heart failure, stroke, diabetes, hypertension and other ailments associated with OSA.

S.T.O.P B.A.N.G + Epworth Sleepiness Scale (Sleep Screening Questionnaires) on other side