

Introduction

Obstructive Sleep Apnea (OSA) is an ongoing disorder that can cause serious health problems. Many things can increase your risk for sleep apnea, including having a neck measurement greater than 17” (for men) or 16” (for women). In addition to taking your neck measurement today, this survey can also help determine if you are at risk for sleep apnea. **If you answer “yes” to three or more of the following questions, you are at a higher risk and should follow up with your healthcare provider.**

Please Print:

Name: _____ **Date:** _____
First Last

Company: _____ **Location:** _____

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Do you snore loudly (louder than talking, or loud enough to be heard through a closed door)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you often feel tired or sleepy during the day? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Has anyone ever seen you stop breathing during your sleep? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have (or are you being treated for) high blood pressure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Is your BMI more than 35 kg/m ² ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are you over age 50? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Is your neck circumference greater than 17 inches (for men) or 16 inches (for women)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Are you a male? | <input type="checkbox"/> | <input type="checkbox"/> |

..... **Do not write below this line**

Your Risk Score

- Number of Risk Items: _____
- Neck Circumference: _____

Overall Risk

High Risk **Low Risk**

Are You at Risk?

If you are at risk for sleep apnea, follow up with your healthcare provider. For help finding a doctor or making an appointment, email a Personal Health Advocate at answers@HealthAdvocate.com.