

Apnea Facts:

- There are more than two million people in the United States that have been diagnosed with sleep apnea.
- An estimated 10 to 12 million Americans suffer from undiagnosed sleep apnea.
- Sleep apnea is at least as prevalent as diabetes, although not as widely discussed.
- Sleep apnea is a contributor to heart disease, heart damage, lung damage, depression, and memory loss.
- Sleep apnea is not curable, but it can be effectively treated without surgery or drugs.
- Weight loss is not a cure for sleep apnea.

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Questions or Concerns for your next doctor's appointment

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World-Class Snoring Quiz



How do you match up?

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Do *you* have sleep apnea?

Circle the numbers of the questions that may apply to you:

1. I sometimes suffer daytime sleepiness.
2. I've dozed off in church.
3. I doze off on occasion and sometimes wake up with a "snort."
4. I've been told I hold my breath or stop breathing while I sleep.
5. I'm restless in my sleep, frequently tossing and turning.
6. I'm 15 pounds or more overweight.
7. I wake up more than once during the night to visit the bathroom.
8. I seem to be losing my sex drive, or my ability to perform in bed.
9. I sometimes wake up in the night suffering heartburn.
10. I often wake up with a sore throat or a dry mouth and throat.
11. I often wake up with headaches.
12. At times it seems I cannot wake up from a nightmare, and I sometimes feel paralyzed and panic.
13. I wake up at times, feeling my heart thumping, sometimes with an irregular beat.
14. I've got high blood pressure.
15. My friends and family say I'm sometimes grouchy and irritable.
16. I suffer memory lapses.
17. I often sleep 8 hours or more, but I never feel refreshed or rested.
18. I often awake perspiring heavily.

19. It seems I'm tired a lot of the time.
20. I have difficulty concentrating.
21. I frequently feel depressed.
22. I feel as though I'm getting old too fast.
23. I wish I had more energy and less fatigue.
24. My neck measures over 17 inches (male) or over 16 inches (female).
25. I sometimes fall asleep watching TV — even a show I enjoy watching.
26. I often feel sleepy and have to struggle to stay alert, especially during meetings or quiet work.
27. I've actually fallen asleep while driving.
28. I've fallen asleep at a stoplight or stop sign.
29. I've been told I snore.

A score of five (5) or more means you *may* have obstructive sleep apnea (OSA). The risks of undiagnosed and untreated OSA include **heart attack, stroke, impotence, irregular heartbeat, high blood pressure, memory loss, depression, and heart disease**. Sleep apnea is a **life-threatening** condition that is **attributed to the deaths** of more than 38,000 people each year, according to the National Commission on Sleep Disorders Research (NCSDR).

Take this form, which is intended to increase the public's knowledge about sleep apnea, to your next doctor's appointment and discuss your responses.

It is estimated more than 10 million Americans suffer undiagnosed sleep apnea. The hope is this questionnaire will provide a springboard for discussion between those suffering sleep disorders and their physicians.

If you've answered this questionnaire honestly and believe you may have sleep apnea, please consult a physician immediately. Polysomnograms, also known as "sleep studies," are used to determine if you have apnea or other sleep disorders. Sleep studies are simple, painless, and covered by most health insurance plans.

There are treatments available for sleep apnea. These treatments work to eliminate apneas (periods when you do not breathe during sleep) and snoring without surgery or drugs, but you must visit a sleep center to be tested.

The Internet provides many sources of information about sleep apnea. The National Heart, Lung, and Blood Institute's web site, <http://www.nhlbi.nih.gov>, contains a wealth of information on sleep apnea, including downloadable files.

A newsgroup, alt.support.sleep-disorder, which can be accessed freely through Google (<http://groups.google.com/>), can be a good resource of information and support.

CPAPusers-L is a moderated email discussion list with more than 600 members, and is focused on apnea. To join the list or simply learn more about the group, visit <http://groups.yahoo.com/group/cpapusers>.

This brochure is distributed by *Awake in America Community Education & Support Groups* (<http://www.AwakeInAmerica.org/>).

Awake in America seeks to provide a forum for education and support for people, family members, and others interested in the sleep-disorder community is the main goal.

As a 501(c)(3) non-profit organization, all contributions to Awake In America are tax deductible to the extent allowable by law. If your employer participates in another workplace giving program, such as United Way, ask if you can designate Awake In America to receive part of your pledge.