



Apnix Sleep Test

How often do you wake up tired? How often do you complain of not getting enough sleep? Or not sleeping well? Or just can't seem to get your day started? How often does your spouse complain about your snoring or restlessness in bed? That mid-afternoon tiredness could be more than a heavy lunch. If you're 40 years or older, overweight, hypertensive, snore and frequently feel tired during the day, you could be one of more than 18 million individuals in the country who suffer from sleep apnea.

Name: _____

Email: _____

Height: _____ Age: _____ Weight: _____ Male Female

Category 1:

1. Do you snore?

- Yes No Don't know

2. Your snoring is

- Slightly louder than breathing
 As loud as talking
 Louder than talking
 Very loud (can be heard in adjacent rooms)

3. How often do you snore?

- Nearly every day
 3 - 4 times per week
 1 - 2 times per week
 1 - 2 times per month
 Never or almost never

4. Has your snoring ever bothered other people?

- Yes No

5. Has anyone mentioned that you quit breathing during your sleep?

- Nearly every day
 3 - 4 times per week
 1 - 2 times per week
 1 - 2 times per month
 Never or almost never

Category 2:

6. How often do you feel fatigued or tired in the morning?

- Nearly every day
 3 - 4 times per week
 1 - 2 times per week
 1 - 2 times per month
 Never or almost never

7. During your waking hours, do you feel tired, fatigued or not up to par?

- Nearly every day
 3 - 4 times per week
 1 - 2 times per week
 1 - 2 times per month
 Never or almost never

8. Have you ever nodded off or fallen asleep while driving a vehicle?

- Yes No

8a. If Yes, how often does it occur?

- Nearly every day
 3 - 4 times per week
 1 - 2 times per week
 1 - 2 times per month
 Never or almost never

Category 3:

9. Do you have high blood pressure?

- Yes No Don't know

10. BMI* (Body Mass Index) = _____

*www.nhlbisupport.com/bmi/ to access a BMI calculator.

How To Score Your Sleep Test

Take the test and then note how many of your answers in each category section are in blue.

If you have two or more positive categories, this indicates a high likelihood that you may be suffering from a sleep disorder. Simply tear off this panel with your preliminary sleep test results and contact your primary care physician as soon as possible for a sleep study referral.

Category 1 Results:

if you marked a blue answer for two or more questions you are possibly suffering from Sleep Apnea and should have a Sleep diagnostic Study Done.

Category 2 results:

if you marked a blue answer for two or more questions you are possibly suffering from Sleep Apnea and should have a Sleep diagnostic Study Done.

Category 3 results:

if you answered "yes" to question #9 and/or have a Body Mass Index (BMI) of 30 or more you are possibly suffering from a Sleep disorder and are a good candidate for a Sleep diagnostic Study.

Please give these sleep test results to your physician.