



Do I have Obstructive Sleep Apnea?

If you or someone you know **snores** regularly and has one or more of the following symptoms, it may be obstructive sleep apnea.

- o Snoring, interrupted by pauses in breathing
- o Gasping or choking during sleep
- o Restless Sleep
- o Excessive sleepiness or fatigue during the day
- o Large neck size (more than 17" in men, more than 16" in women)
- o Crowded airway
- o Morning headache
- o Sexual dysfunction
- o Frequent urination at night
- o Poor judgment or concentration
- o Irritability
- o Memory loss
- o High blood pressure
- o Depression
- o obesity

Patient Name: _____

DOB: _____