



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.

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

Patient Name: _____

DOB: _____