



## The Link Between Sleep Apnea And Stroke

### DID YOU KNOW?

People with moderate to severe obstructive sleep apnea are almost **4 times more likely to have a stroke.**

- Over 70% of people who have had a stroke or TIA also have sleep apnea.
- Recovery from a stroke takes longer if you have untreated sleep apnea.
- People with sleep apnea have a higher mortality rate after stroke.

Obstructive sleep apnea is a common and serious sleep disorder that causes you to stop breathing during sleep.

### What does this mean?

When you have sleep apnea, your body is not getting the proper amount of oxygen it needs to function. Every time you wake up gasping, your heart beats faster and your blood pressure goes up. This takes its toll on your heart. People with sleep apnea are also at a higher risk for stroke, heart attack, atrial fibrillation, heart failure, and diabetes. **The good news? It's easily treated!**

### ARE YOU AT RISK?

**Circle Y for YES or N for NO on the list below to see If you are at risk.**

#### STOP – BANG Questionnaire:

##### STOP

- Y or N** Do you **S**NORE loudly (louder than talking or loud enough to be heard through closed doors)?
- Y or N** Do you often feel **T**IRED, fatigued, or sleepy during daytime?
- Y or N** Has anyone **O**BERVED you stop breathing during your sleep?
- Y or N** Do you have or are you being treated for high blood **P**RESSURE?

##### BANG

- Y or N** **B**MI more than 35kg/m<sup>2</sup>?
- Y or N** **A**GE over 50 years old?
- Y or N** **N**ECK circumference > 16 inches (40cm)?
- Y or N** **G**ENDER: Male?

<b>TOTAL SCORE:</b>
<b>0-2 LOW RISK</b>
<b>3-4 INTERMEDIATE RISK</b>
<b>5-8 HIGH RISK</b>

If you are at intermediate or high risk, please talk to your doctor.