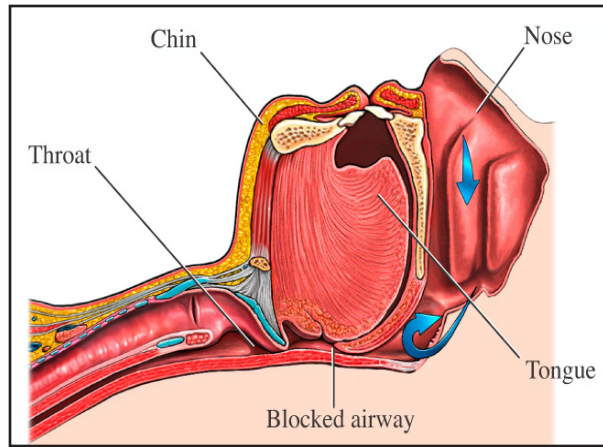


OBSTRUCTIVE SLEEP APNEA

When you fall asleep, your muscles relax. That's a good thing, because you need to be relaxed to be able to rest well. However, in some people, sleep-induced muscle relaxation (in combination with other factors) can lead to impaired breathing during sleep, a condition called *obstructive sleep apnea*.



Here's how it happens: the muscles of your upper windpipe are actually shaped like a tube. When these tube shaped muscles relax, they may not want to stay open - breathing becomes shallow or may stop completely. Breathing does eventually resume, but only after your brain has sent a "red alert" to your body to stop relaxing and tense up, causing your windpipe to open again. This process can happen over and over throughout the night. The result: sleep disruption, a drop in oxygen levels and build-up of carbon dioxide in the body.

Many individuals with obstructive sleep apnea feel fatigued or sleepy during the day. Over time, apnea sufferers can develop more serious health problems, including high blood pressure, acid reflux, depression, fibromyalgia and others. If left untreated for years, obstructive apnea leads to higher rates of heart attack, stroke and motor vehicle accidents.

G.A.S.P.™ QUESTIONNAIRE

This questionnaire helps estimate your risk for having obstructive sleep apnea. The higher your score, the more likely you are to have obstructed breathing in your sleep. In general, scores of 3 or higher are associated with a high risk for this condition.

DIRECTIONS

1. Answer each question, either "yes", "no" or "not sure."
2. Total up the "yes" answers and the "not sure" answers in the boxes at the bottom.
3. Add up the "yes" and "not sure" totals and circle the corresponding score on the right.

Yes	No	Not Sure													
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have you been told (or noticed on your own) that you snore on most nights?												
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have you been told (or noticed on your own) that you stop breathing or struggle to breathe in your sleep?												
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you tired, fatigued or sleepy on most days?												
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do you have acid indigestion or high blood pressure (or use medication to control either of these conditions)?												
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you overweight?												
<input type="text"/>	+	<input type="text"/>	=												
Yes total		Not Sure total													
			<table border="1"> <tr> <td>0</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td colspan="2">low risk</td> <td colspan="2">medium risk</td> <td colspan="2">high risk</td> </tr> </table>	0	1	2	3	4	5	low risk		medium risk		high risk	
0	1	2	3	4	5										
low risk		medium risk		high risk											

WHAT IF I HAVE A HIGH RISK SCORE?

With a score of 4 or 5, your risk of having obstructive sleep apnea is greater than 95%. Your primary care doctor (or a Sleep Medicine specialist) can provide you with additional information about how obstructive sleep apnea is diagnosed and treated. Treatment often results in an increase in energy, alertness and well being.

WHAT IF I HAVE A MEDIUM RISK SCORE?

With a score of 2 or 3, your risk of having obstructive sleep apnea is in the range of 50% to 75%. You may want to talk to your primary care doctor, especially if you know you snore or if you've been told that your breathing is labored while you sleep.

OBSTRUCTIVE SLEEP APNEA is a condition that interferes with breathing during sleep. It is the most common cause of daytime fatigue and sleepiness, but it also works silently to increase wear and tear on the heart and blood vessels, increasing the risk for heart attack and stroke over time. Learn inside this brochure if you have any of the warning signs of this common and serious condition.

Testimonials

"My snoring is bothering my spouse and my family."

"I don't wake up feeling rested."

"My mouth is dry in the morning."

"I often have a dull headache when I wake up."

"I get acid indigestion at night unless I take an antacid."

"I'm tired in the afternoon and evening - it's affecting my work and home life."

"My doctor told me that my blood pressure is up."

sleep  medicine ^{nw}

Two convenient locations:

10564 Fifth Avenue NE, Ste 205
Seattle WA 98125
T 206.367.2556
F 206.367.4399

14421 Woodinville-Redmond Rd NE
Woodinville, WA 98072
T 425.488.4999
F 425.488.4998

www.sleepnw.com

snoring
and
sleep apnea