

Do you suffer from SLEEP APNEA?

Answer these questions, see if you are at risk :

The Epworth sleepiness scale is used to determine the level of daytime sleepiness. **If you score 10 or more** on this test you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and or need to see a sleep specialist. These issue should be discussed with your doctor.

Use the following scale to choose the most appropriate number for each situation:

- 0 = would never doze or sleep
- 1= slight chance of dozing or sleeping
- 2= moderate chance of dozing or sleeping
- 3= high chance of dozing or sleeping

Fill in your answers and see where you stand in the below situations :

Sitting & Reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in public place	0	1	2	3
Being a passenger in a vechile for an hour or more	0	1	2	3
Lying down in the afternoon	0	1	2	3
Sitting & Talking to someone	0	1	2	3
Sitting quietly after lunch (no alcohol)	0	1	2	3
Stopped for a few minutes in traf- fic while driving	0	1	2	3

Epworth Score(add up the num- bers)

Obstructive **SLEEP APNEA** is when a person stops breathing many times during the night. Breathing stops because the airway collapses and stops air from getting into the lungs. This can cause extra sleepiness or feeling tired during the day. One of the most com- mon forms of sleep disordered breathing and is sleep apnea.

Each time just temporary stop in breathing happens, the body wakes up for a very small time. The person does not remember waking up. Sometimes, a family member is the one who notices the pause in breathing and then here's the gasping or choking sound as breathing starts again. People who often suf- fer from sleep apnea may stop breathing over 100 times every night.

People with sleep apnea have a direct increased risk of obesity, diabetes, heart disease, and stroke. People with sleep apnea are also known to have a high- er chance of traffic accidents and work injury.



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