

30%

of working Americans get fewer than six hours of sleep each day.

Obstructive sleep apnea (OSA) is a medical condition that needs treatment. It's caused by a blockage in your airway that can disrupt your breathing while you sleep.

Sleeping less than six hours per night increases your risk for:



Do any of these symptoms apply to you?

Y N

- S**noring loudly? Answer "yes" if you snore loud enough to be heard through closed doors.
- T**ired? Answer "yes" if you often feel tired, fatigued or sleepy during the daytime even after a "good" night's sleep.
- O**bserved? Answer "yes" if anyone has observed you stop breathing during your sleep.
- P**ressure? Answer "yes" if you have or are being treated for high blood pressure.

Height	Weight (lb)	Height	Weight (lb)	Height	Weight (lb)	Height	Weight (lb)
4'10"	167	5'3"	197	5'8"	230	6'1"	265
4'11"	173	5'4"	204	5'9"	237	6'2"	272
5'	179	5'5"	210	5'10"	243	6'3"	279
5'1"	185	5'6"	216	5'11"	250	6'4"	287
5'2"	191	5'7"	223	6'	258	6'5"	295

- B**ody Mass index over 35? Answer "yes" if you weigh more for your height than what is shown in the tables above.
- A**ge older than 50? Answer "yes" if you are older than 50 years.
- N**eck size large? Answer "yes" if your neck measures more than 16 inches around.
- G**ender = male? Answer "yes" if you are a man.

What were your results?

If you scored 3 or more, you are at high risk for OSA. If you scored and answered "yes" to 1-2, you could be at risk for OSA. Talk to your doctor to determine if you need to see a sleep specialist.