VITALS VAULT

FREE GUIDE

The snoring and sleep apnea self-check

Snoring is common, but loud snoring with pauses in breathing deserves a closer look. Answer six yes or no questions, find your band, and learn when to ask for a sleep study.

SIX QUESTIONS: TICK EACH ONE THAT IS YES

- [ ] I snore most nights
- [ ] Snoring heard through a wall
- [ ] Pauses or gasping seen in sleep
- [ ] Thick neck or snug shirt collars
- [ ] I doze off while busy or driving
- [ ] I have high blood pressure

YOUR BAND

Yes answers	What it suggests	Next step
0 to 1	Lower chance	Mention snoring at a routine visit
2 to 3	Possible	Ask your clinician about a sleep study
4 or more, or any witnessed pauses	Higher chance	Ask soon about a sleep study

LIMIT

This is a screening check, not a diagnosis. Witnessed pauses in breathing count the most. Only a sleep study can confirm a breathing problem during sleep.

QUESTIONS TO ASK

- [ ] Do my snoring and sleepiness call for a sleep study?
- [ ] Could my blood pressure be linked to my sleep?
- [ ] What should I tell my partner to watch for at night?
- [ ] Which of my blood tests are affected by poor sleep?

Sources: A published six-question sleep apnea screen, rewritten in our own words with our own bands. Screening only; a sleep study diagnoses.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com