



## Obstructive Sleep Apnea (OSA) Questionnaire

### Am I at risk?

Not all snorers have OSA but virtually everyone with OSA snores. OSA can lead to disturbed sleep and compromised nighttime blood oxygenation. OSA may cause excessive daytime sleepiness, reduce your quality of life and adversely affect your long-term health.

**In order to engage in a productive discussion with your doctor, complete the following questionnaire and discuss the results with them.**

Please ask your bed partner to help you answer as accurately as possible. Answer all the questions below:

Have you noticed or has your bed partner witnessed any episodes of gasping or choking during your sleep?

Yes  No

Has your bed partner witnessed you stop breathing?

Yes  No

Do you prefer to sleep sitting upright?

Yes  No

Do you wake frequently to use the bathroom?

Yes  No

Do you snore when you sleep on your side?

Yes  No

Do you snore in all sleep positions?

Yes  No

Have you had a recent increase in weight?

Yes  No

What is your height? \_\_\_\_\_ ft/in \_\_\_\_\_ m

What is your weight? \_\_\_\_\_ lb \_\_\_\_\_ kg

What is your neck circumference?

Collar size \_\_\_\_\_ in \_\_\_\_\_ cm