

STOP-Bang Questionnaire^{4,9}

For the Assessment of Obstructive Sleep Apnea Risk

NAME:

TELEPHONE:

Have you been previously diagnosed with sleep apnea?

YES NO

If so, are you currently using CPAP to treat your OSA?

YES NO

Please answer the following eight questions YES or NO

1. Snoring: Do you snore loudly (loud enough to be heard through closed doors)? YES NO
2. Tired: Do you often feel tired, fatigued, or sleepy during daytime? YES NO
3. Observed: Has anyone observed you stop breathing during your sleep? YES NO
4. Blood pressure: Do you have or are you being treated for high blood pressure? YES NO
5. BMI: answer yes if your weight exceeds the amount listed for your height on the table below YES NO
6. Age: Is your age over 50 yr old? YES NO
7. Neck circumference: Neck circumference ≥ 40 cm? YES NO
8. Gender: Male? YES NO

Total Score (add up all 'yes' answers): _____

Interpretation

- High risk of OSA: Yes to 5 - 8 questions
- Intermediate risk of OSA: Yes to 3 - 4 questions
- Low risk of OSA: Yes to 0 - 2 question

Call now to learn more or to schedule an appointment for a Sleep Consultation by calling 914-964-4337.

To make an appointment for a sleep study, call 914-559-1010.

RiversideHealth.org

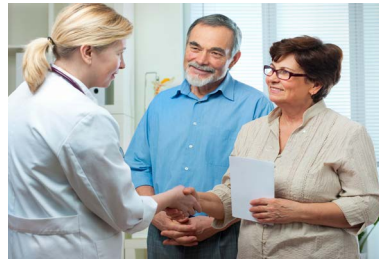
HEIGHT	WEIGHT
4'10	167
4'11	173
5'0	179
5'1	185
5'2	191
5'3	197
5'4	204
5'5	210
5'6	216
5'7	223
5'8	230
5'9	237
5'10	243
5'11	250
6'0	258
6'1	265
6'2	272
6'3	279
6'4	287
6'5	295

Who is Sleep Services of America? How Can We Help?

Sleep Services of America is a full-service, sleep diagnostics company that specializes in performing adult and pediatric polysomnograms (sleep studies). When you are ready to find a solution to your restless nights, chronic snoring, or other sleep related ailments, our expert staff will be on hand (at your preferred sleep disorder center or hospital) to guide you through our thorough yet painless examination of your sleep patterns. Please contact SSA for any questions you may have related to diagnostic process or to visit one of our center in your area.

How Do You Pay For This Service?

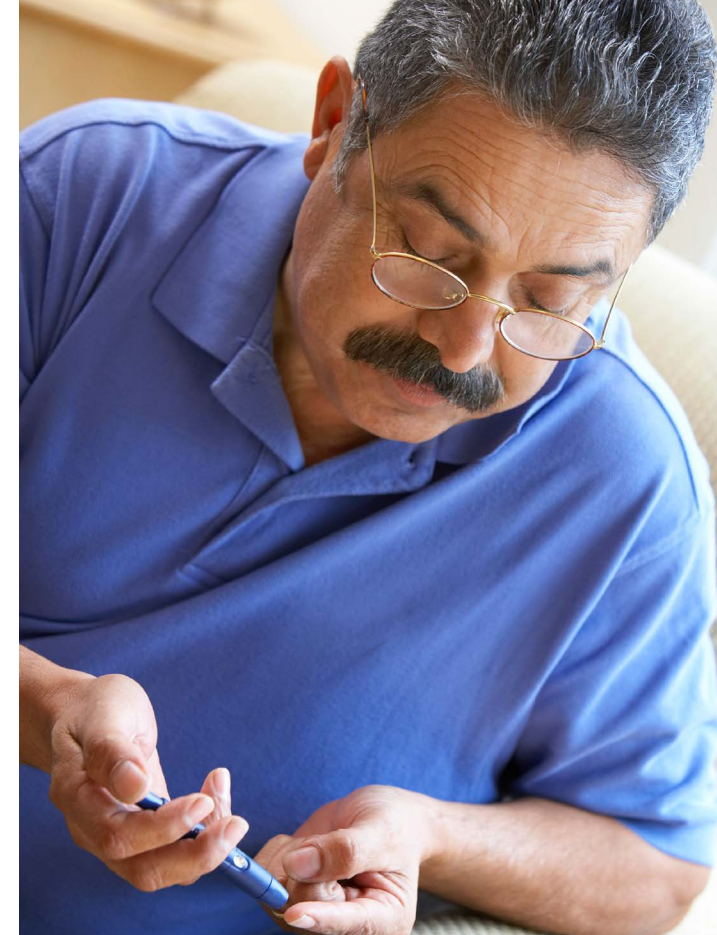
The most common method of payment is through your insurance provider. Please speak to your healthcare provider to learn more about this service in conjunction with your insurance provider.



References

1. Skomro R et al, Sleep Med 2001
2. Meslier, N et al, EurRespir 2003
3. Aronsohn et al, AJRCCM. 2010
4. Chung et.al, Anesthesiology. 2008
5. Young T, Peppard PE, Gottlieb DJ, AJRCCM 2002
6. Young T, Evans L, Finn L, Palta M, Sleep 1997
7. Foster et al. Diabetes Care 2009
8. Al-Delaimy, WK et al, Am J Epidemiol 2002
9. Chung et.al, www.STOPBang.ca

Disclaimer: Detailed references available upon request



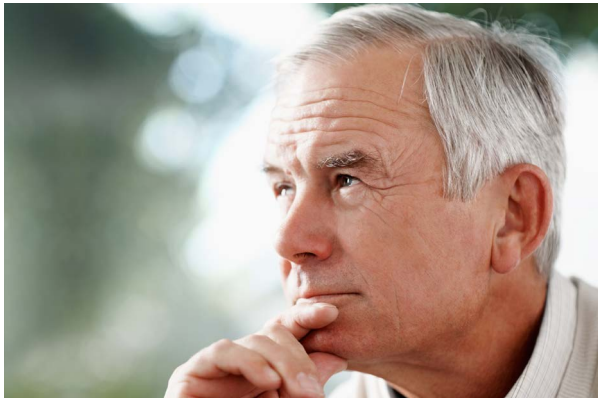
Got Diabetes?
Are You Having Sweet
Dreams?

Improving the care and quality of life for patients suffering from sleep disorders

ST. JOHN'S
RIVERSIDE
HOSPITAL

Sleep and Diabetes

The obesity epidemic in America carries an increased risk for many diseases. The media has focused much attention on the growing number of patients with type II diabetes, but much less on obstructive sleep apnea (OSA). These two diseases often go hand in hand, with 72% of diabetic patients having a sleep disorder¹ and up to 40% of patients with OSA also having diabetes². While weight loss can help treat both diseases, proper management of each is critical as they can worsen one another without treatment³. Patients with diabetes should ask their doctors about the possibility of obstructive sleep apnea, especially if they have other sleep complaints.



What Can You Do?

- If you have signs or symptoms of sleep apnea ask your doctor about being tested.
- If you have sleep apnea and are overweight, get regular checkups including screening for diabetes.
- Try to get enough sleep each night; it may help improve your metabolism and hormone balance.
- Avoid eating heavy, carbohydrate filled meals before bed.

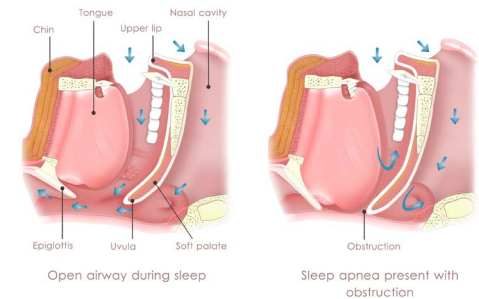
Sleep Apnea and Diabetes Statistics



- 5% of the US population has Obstructive Sleep Apnea (OSA)⁵ and 80% of those are undiagnosed.⁶
- 72% of diabetes patients have either OSA or insomnia.¹
- Up to 40% of patients who currently have OSA have diabetes.²
- The link between diabetes and OSA may be explained by obesity, a risk factor for both disorders.
- One study found 86% of obese patients with type 2 diabetes also had OSA.⁷
- Snoring is independently associated with a doubled risk of developing diabetes after a 10 year period.⁸

Obstructive Sleep Apnea (OSA)

Obstructive Sleep Apnea occurs when muscles of the soft palate and throat relax during sleep, obstructing the airway and making breathing difficult and noisy (snoring). Eventually, the airway walls collapse blocking airflow entirely, which results in a breathing pause or apnea. Stopping breathing can result in a drop of blood oxygen levels. Since oxygen is the fuel for the cardiovascular system, this stresses the heart and puts the sleeper at a greater risk for heart attack or stroke.



Common Symptoms of Sleep Apnea

- Daytime fatigue
- Morning headaches
- Poor mental or emotional functioning
- Loss of breath during sleep
- Irregular heart rate
- Weight gain
- Heartburn
- Impotence
- Excessive sweating during sleep

