

It is estimated that 90 million people in North America have breathing issues that lead to snoring and sleep apnea. The lack of oxygen caused by snoring and sleep apnea increases your risk of high blood pressure, leading to heart attack and stroke. Great news is that sleep apnea can be treated effectively if properly identified and diagnosed. Proper sleep can add quality years of increased vitality and longevity.

What is your risk?

Epworth Sleepiness Scale

Please indicate how likely you are to doze off or fall asleep in the following situations:

(0=Never, 1=Slight, 2=Moderate, 3=High chance of dozing off)

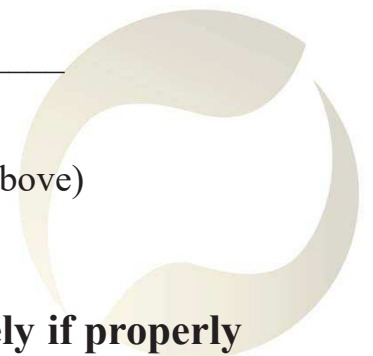
Circle one response for each question.

| | | | | |
|--|---|---|---|---|
| Sitting and reading..... | 0 | 1 | 2 | 3 |
| Watching television..... | 0 | 1 | 2 | 3 |
| Sitting inactive in a public place (e.g. theatre, meeting).. | 0 | 1 | 2 | 3 |
| As a passenger in a car for one hour without a break..... | 0 | 1 | 2 | 3 |
| Sitting down quietly after lunch without alcohol..... | 0 | 1 | 2 | 3 |
| Lying down to rest in the afternoon..... | 0 | 1 | 2 | 3 |
| Sitting and talking to someone..... | 0 | 1 | 2 | 3 |
| In a car, while stopped for a few minutes in traffic..... | 0 | 1 | 2 | 3 |

My total score: _____

Based on the answers to the questions above:

- It is recommended you be evaluated for this disease (Score: 9 and above)
- You likely have low risk for this disease (Score: 0-6)



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