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**Do you have Obstructive Sleep Apnea?
Take the snoring quiz...**

Occasional soft, rhythmic snoring is usually a relatively benign condition that often comes with the onset of early adulthood. This type of snoring is little more than a nuisance to a bed partner. However, for some 18 million Americans, snoring becomes a progressive medical condition that significantly compromises the ability to achieve restful and refreshing sleep. Failure to get enough sleep often leads to depression, irritability and accidents.

Medical studies also show that there is a relationship between heavy snoring associated with Obstructive Sleep Apnea (OSA) and heart disease, hypertension and even stroke.

Find out if snoring is keeping you awake at night. This quiz is a screening tool. It is not a diagnostic test.

If you have questions or concerns about your sleep patterns or your health, talk to your physician.

1. My family and / or friends complain about my loud snoring.
 No Yes
2. I wake up with a dry mouth.
 No Yes
3. I wake myself snoring.
 No Yes
4. I have been told that, while snoring, I seem to stop and start breathing with a sudden gasp for breath.
 No Yes
5. On occasion, I wake up feeling like I am choking.
 No Yes
6. Most mornings I wake up with a headache.
 No Yes
7. I have been diagnosed with high blood pressure, and I am overweight.
 No Yes
8. I am a male with a neck circumference greater than 17.5 inches.
 No Yes
9. I am a female with a neck circumference greater than 16.5 inches.
 No Yes

If you answered yes to one or more of these questions, you may have OSA. Contact your physician to discuss your answers and learn more about OSA.