

SLEEP APNEA/SNORING

We all know the value of a good-night's sleep. Now we are beginning to learn that it can be a matter of life or death for some of us. Sleep Apnea is a life threatening disease that occurs during sleep, when the patient has very low or no oxygen reaching his/her lungs due to airway blockage.

Many people who have Sleep Apnea also snore. Although they are commonly associated together, some patients need only to be treated for snoring. Even patients who don't snore may have Sleep Apnea, and a simple test can diagnose the condition. Dr. Bahu treats both Sleep Apnea and snoring. Thank you for taking a few minutes to rate yourself from 0-3 on the likelihood of "dozing off" in the situations listed below.

0= Never doze or sleep

1= Slight chance

2= Moderate chance

3= High chance

Chance of Dozing

Situation

- | | |
|-------|---|
| _____ | Sitting and reading |
| _____ | Watching TV |
| _____ | Sitting inactive in a public place |
| _____ | Being a passenger in a motor vehicle for an hour or more |
| _____ | Lying down in the afternoon |
| _____ | Sitting and talking to someone |
| _____ | Sitting quietly after lunch (no alcohol) |
| _____ | Stopped for a few minutes in traffic while driving |

Total score=_____ Your Name:_____

Date:_____

Would you like to know more information on the sleep apnea and/or anti-snoring appliances Dr. Bahu prescribes? Yes No

Please let us know if there is anyone you would like to refer for a sleep apnea screening. People who snore would benefit from the test, to see if Sleep Apnea treatment is appropriate. You may help save someone's life—or at least help them get a good night's sleep!

Name and contact information of patient you wish to refer:
