



Genesis HealthCare System
Sleep Disorders Center
840 Bethesda Drive, Building 3
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740-454-4725

Do You Have Sleep Apnea?

1. Do you snore loudly each night?
2. Do you have frequent pauses in breathing while you sleep (you stop breathing for ten seconds or longer)?
3. Are you overweight?
4. Are you irritable and angry, especially first thing in the morning?
5. Is your mouth dry when you first wake up?
6. Do you have a headache when you get up?
7. Are you sleepy during the day?
8. Do you fall asleep easily during the day?
9. Do you have difficulty concentrating, being productive and completing tasks as work?
10. Do you have high blood pressure?
11. Are you restless during sleep, tossing and turning from one side to another?

If you answered “YES” to any of these questions, you may have sleep apnea. However, if you answered “YES” to two or more of these questions, this **STRONGLY SUGGESTS** that sleep apnea is a problem.