Diagnosis of Obstructive Sleep Apnea

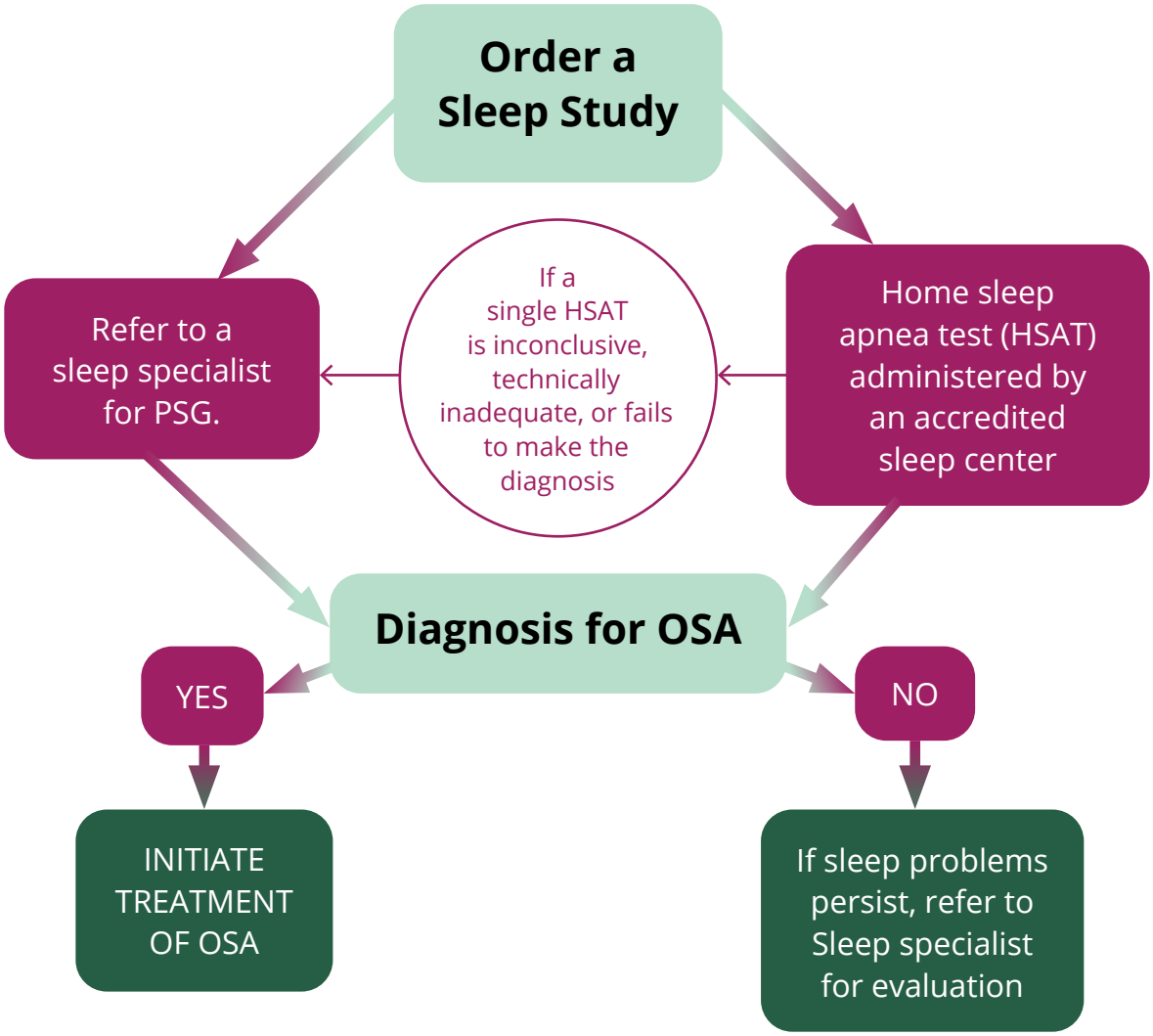
Treating OSA will improve their sleep, overall health and quality of life

QR CODE

Count on Sleep

Check for
Clinical suspicion of OSA

Check for
Increased risk of OSA



Sleep Symptoms of OSA

- Loud, habitual snoring
- Choking/gasping during sleep
- Told you stop breathing during sleep
- Fragmented sleep, insomnia
- Unrefreshing sleep
- Frequent urination at night
- Nightmares

Wake Symptoms of OSA

- Daytime sleepiness/falling asleep at inappropriate times
- Morning headaches
- Mood changes
- Forgetfulness
- Difficulty concentrating
- Drowsy driving/car crashes
- Declining work performance
- Absenteeism/presenteeism

Patients at High Risk for OSA

- Obesity (BMI > 35)
- Congestive heart failure
- Atrial fibrillation
- Treatment refractory hypertension
- Type 2 diabetes
- Nocturnal dysrhythmias
- Stroke
- Pulmonary hypertension
- High-risk driving populations