

Think you or a loved one might have Sleep Apnea?

HERE IS A CONVERSATION GUIDE TO USE WITH YOUR OR THEIR HEALTH CARE PROVIDER.

Sleep Apnea: More Than a Snore

Sleep apnea is a common but serious condition that causes you to stop breathing while you sleep. Without treatment, sleep apnea can increase your risk of major health problems, like heart attack and depression. It can also impact your quality of life and daily activities. It's

important to talk to your doctor if you have symptoms of sleep apnea because the only way to really know if you have sleep apnea is with a sleep test. Use this guide to help you keep track of your sleep apnea symptoms and talk to your doctor about sleep apnea.



Tips for **Using the Guide**

- Have this guide with you when you talk to your doctor.
- Take notes and ask questions about things you don't understand.
- Bring a loved one with you who can support you or help explain your symptoms.

Check your symptoms

Sleep apnea can cause problems at night and during the day. Talk to your doctor if you experience any of these symptoms.



Nighttime symptoms

- ✓ Snoring or noisy breathing
- ✓ Pauses in breathing
- ✓ Choking or gasping sounds
- ✓ Restless sleep
- ✓ Insomnia
- ✓ Waking frequently to go to the bathroom



Daytime symptoms

- ✓ Daytime sleepiness or fatigue
- ✓ Morning headaches
- ✓ Difficulty focusing or remembering
- ✓ Decreased sexual desire
- ✓ Difficulty maintaining an erection
- ✓ Irritability or poor mood
- ✓ Drowsy driving



**Obstructive Sleep
Apnea Awareness**

<http://www.countonsleep.org>

Not sure about what happens while you sleep? Ask your partner or loved one. Want to learn more about your sleep? A sleep diary can be used to track your sleep at home. To find templates for sleep diaries search for them on www.sleepeducation.org. It can help you and your doctor know what factors are affecting your sleep.



Start the Conversation

- THANK YOU FOR SEEING ME. I WOULD LIKE TO TALK TO YOU ABOUT MY SLEEP.
- I HAVE BEEN EXPERIENCING _____ SYMPTOMS _____ DURING THE DAY/AT NIGHT THAT FEEL LIKE _____ DESCRIBE IN DETAIL .
- MY _____ PARTNER/LOVED ONE/FAMILY MEMBER TELLS ME THAT I _____ SYMPTOMS AND _____ DESCRIBE IN DETAIL .
- I LEARNED THAT THESE ARE SYMPTOMS OF SLEEP APNEA.

Example questions to ask

- COULD THESE SYMPTOMS BE A SIGN OF SLEEP APNEA?
- I AM INTERESTED IN HAVING A SLEEP TEST TO FIND OUT IF I HAVE SLEEP APNEA. WHAT ARE MY OPTIONS?
- IF I HAVE SLEEP APNEA, WHAT ARE MY TREATMENT AND MANAGEMENT OPTIONS?
- WHAT ARE THE NEXT STEPS?

If your doctor believes you have signs of sleep apnea, they can help you get the sleep test that is right for you. You can also work with a sleep team at an AASM-accredited sleep center. The sleep team is led by a board-certified sleep medicine physician, who is trained to diagnose and treat sleep disorders.

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