Diagnosis of Obstructive Sleep Apnea

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

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

Check for Clinical suspicion of OSA
Check for Increased risk of OSA

Order a Sleep Study

If a single HSAT is inconclusive, technically inadequate, or fails to make the diagnosis

Refer to a sleep specialist for PSG.

Home sleep apnea test (HSAT) administered by an accredited sleep center

Diagnosis for OSA

YES

INITIATE TREATMENT OF OSA

NO

If sleep problems persist, refer to Sleep specialist for evaluation