

# Diagnosis of Obstructive Sleep Apnea

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



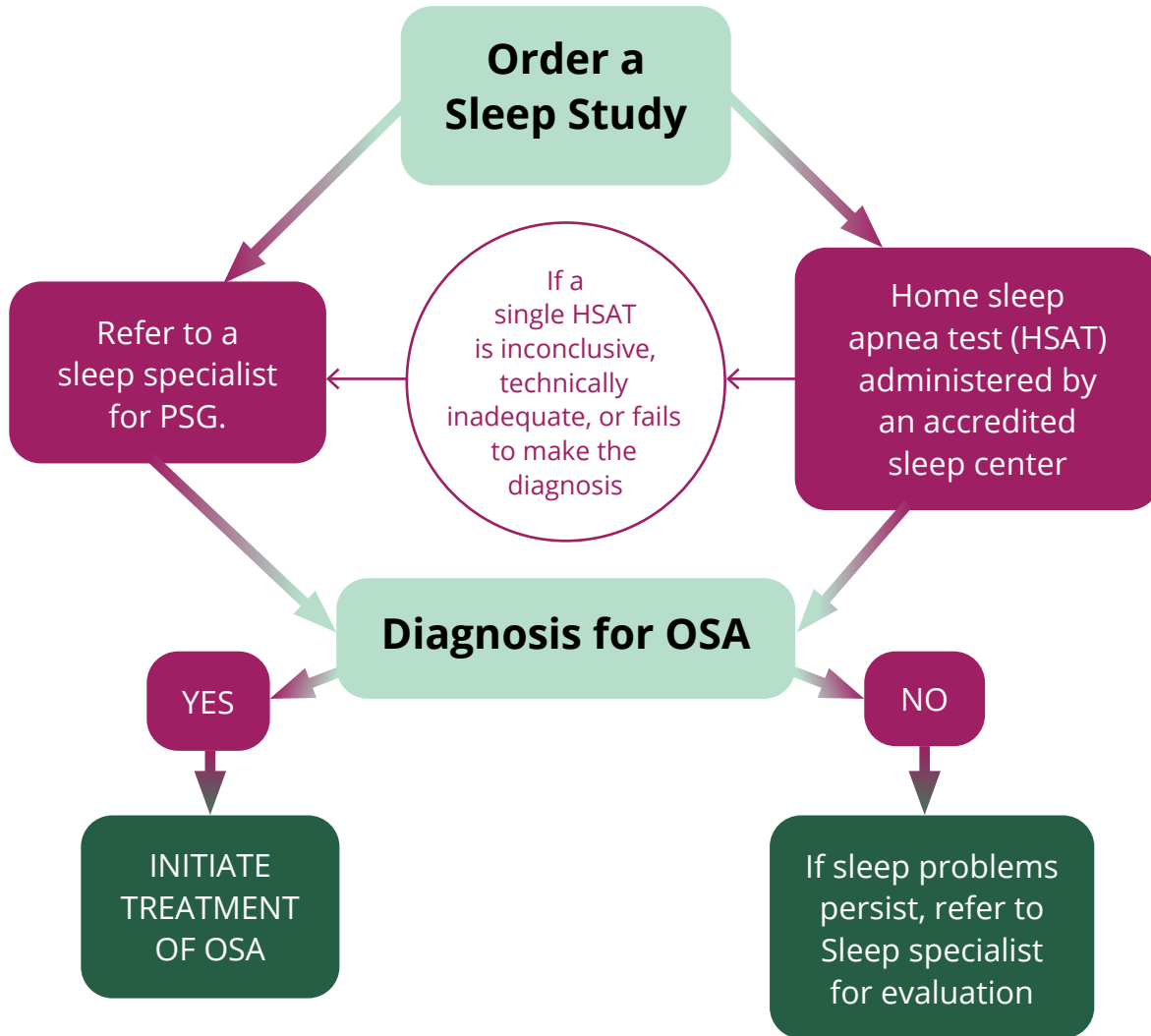
Check for

**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