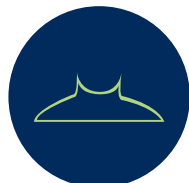


# ARE YOU AT RISK FOR SLEEP APNEA?

## Sleep Apnea Risk Factors:



Body Mass Index (BMI) of 25 or more



Neck size greater than 16 inches



Most common in middle age



More common in men than women



High blood pressure is very common



Family history also increases risk

## Sleep Apnea Questionnaire:

If you have concerns about your Sleep Apnea risk test score, please see your Primary Care Physician.

<b>STOP</b> (Snore, Tired, Observed, Pressure)	<b>YES</b>	<b>NO</b>
Do you snore louder than talking or loud enough to be heard through closed doors?		
Do you often feel tired or fatigued during the daytime?		
Do you have or are you being treated for high blood pressure?		
<b>BANG</b> (BMI, Age, Neck, Gender)	<b>YES</b>	<b>NO</b>
BMI more than 35kg/m <sup>2</sup> ? <a href="#">BMI Calculator</a>		
Are you older than 50?		
Neck circumference > 16 inches (40 centimeters)?		
Are you male?		
<b>TOTAL SCORE</b>		

**High Risk of Sleep Apnea:**  
Yes, 5-8

**Medium Risk of Sleep Apnea:**  
Yes, 3-4

**Low Risk of Sleep Apnea:**  
Yes, 0-2

**ConnectCare3** For assistance with a diagnosis, or reaching a healthy goal, contact **ConnectCare3** by calling **877-223-2350** or by emailing us at [info@connectcare3.com](mailto:info@connectcare3.com)