



**Snoring can be** ☆ ☆  
☆ ☆  
☆ ☆ **hazardous to** ☆ ☆  
☆ ☆ ☆ **your health**

Loud snoring is not a joking matter. For many it may signal a breathing problem during sleep. Some snorers actually stop breathing for brief periods throughout the night.

**Take this test, to see if you are at risk.**

	Yes	No
1. Do you snore?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you sleepy during the day?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you overweight?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you wake up with morning headaches?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are you irritable, fatigued, or do you have difficulty concentrating?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you find it hard to stay awake while driving, watching TV, reading, or attending a meeting?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you ever wake up choking, gasping for air, or have a skipping or racing heart beat during the night?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has anyone watched you sleeping and told you that you hold your breath, snort and often move during sleep?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to two or more of these questions, you may be suffering from sleep apnea. Untreated, sleep apnea can cause debilitating sleepiness, increase the chances of driving accidents, and may lead to health complications including stroke or heart failure. If you suspect sleep apnea, contact your doctor, or call the Northeastern Nevada Regional Hospital Sleep Medicine Center at (775) 748-2085.

**Sleep Medicine Program**  
**(775) 748-2085**

