

Are you  
nodding off?  
Snoring?  
Feeling  
overtired?

CMH Respiratory Therapy

**HOME SLEEP  
TESTING SERVICE**



2111 Exchange Street  
Astoria, OR 97103  
**(503) 325-4321**

**EPWORTH SLEEPINESS SCALE**

How likely are you to nod off or fall asleep in the following situations?

	Never 0	Slight Chance 1	Moderate Chance 2	High Chance 4
Sitting and reading				
Watching TV				
Sitting inactive in a public place (theater, meetings)				
Riding as a passenger for a continuous hour				
Lying down to rest in the afternoon				
Sitting and talking to someone				
Sitting quietly after a lunch without alcohol				
Sitting at a traffic stoplight for a few minutes				
Add up your points to get your total score				



SCORE:  
**0-10** Normal range  
**10-12** Borderline  
**12-24** Sleepy



# WHAT IS OBSTRUCTIVE SLEEP APNEA?



**OXYGEN DEPRIVATION**  
causes morning headaches



**STROKE**  
3X higher risk for men with OSA



**SNORING**  
disrupts sleep



**STRESS**  
85% of people with congestive heart failure have OSA



**OBESITY**  
60-80% of obese people have sleep disordered breathing

**30 MILLION**

Americans have undiagnosed sleep apnea



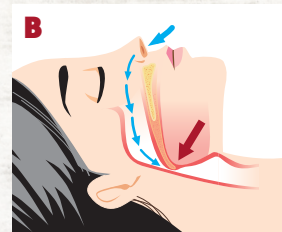
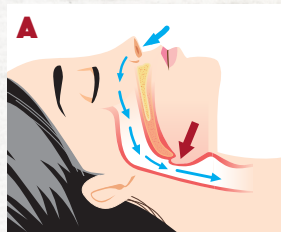
**DIABETES**  
affects 40% of OSA patients

## CMH Respiratory Therapy

# HOME SLEEP TESTING SERVICE

## What is sleep apnea?

Sleep apnea is the failure to breathe while you sleep. **Obstructive sleep apnea (OSA)** is the most common type of apnea. In this form of the disease, the airway collapses, cutting off air to the lungs. A partial airway obstruction causes the upper airway tissues to vibrate and produce the sound of the classic snore. About 30 million Americans have undiagnosed sleep apnea.



**Diagram A** shows the normal airway passage. With obstructive sleep apnea (**Diagram B**), the muscles in the airway relax, closing down the airway. This keeps oxygen from getting to the lungs and the rest of the body.

## Cumulative effect of OSA

As OSA develops, it has a cumulative effect. This means that the longer the disease goes untreated, the greater the negative side effects and associated health risks. If sleep apnea remains untreated, other health conditions may emerge, or existing health problems may be exacerbated, including:

- High blood pressure
- Heart disease
- Heart attack
- Heart failure
- Stroke
- Diabetes
- Depression
- Reflux disease (GERD)
- Atherosclerosis
- Gestational diabetes
- Sexual dysfunction

**CMH Respiratory Therapy** Call 503-338-7513

## Do you have OSA?

# HOME SLEEP TESTING

The **CMH Home Sleep Testing Service** offers an easy option. You will be able to spend the night in your own bed in familiar surroundings. After a brief training by your health care provider, you can take a portable sleep diagnostic device home for a self-administered sleep test. The home sleep test is only a fraction of the cost of an in-lab sleep test.

## SLEEP SCREENING QUESTIONNAIRE

Complete the following questionnaire to see if you're a candidate for a home sleep test.

Do you have any three of the following?

### S.T.O.P.

**S**nooring  
**T**iredness  
**O**bserved **S**topped **B**reathing  
**H**igh **B**lood **P**ressure

YES NO

### B.A.N.G.

**B**MI > 35  
**A**ge > 50  
**N**eck circumference > 15.7" (40cm)  
**G**ender: male

YES NO

If you answered "yes" to three or more of the questions, you are at high risk for obstructive sleep apnea.

See next panel for the Epworth Sleepiness Scale ▶

