

Snoring and Sleep Apnoea

- Snoring is noisy breathing through the mouth and nose during sleep.
- Snoring can indicate a more serious problem, such as SLEEP APNOEA.
- SLEEP APNOEA is potentially life threatening due to the repetitive pauses in breathing.
- SLEEP APNOEA can cause DAYTIME TIREDNESS which may result in motor vehicle and occupational accidents.
- SLEEP APNOEA has serious health risks such as:
 - HIGH BLOOD PRESSURE
 - STROKE
 - HEART ATTACK.
- SLEEP APNOEA can cause IMPOTENCE.

Symptoms

DO YOU...

- Choke or gasp on waking up from sleep?
- Feel like you have not slept at all?
- Have a morning headache?
- Feel tired, like you could fall asleep during the day?
- Has your partner commented?:
 - You snore
 - You sound like you are choking
 - You have stopped breathing during sleep.

QUESTIONNAIRE: EPWORTH SLEEPINESS SCALE

Would never doze (0)	Slight chance of dozing (1)	Moderate chance of dozing (2)	High chance of dozing (3)	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sitting and reading
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Watching TV
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sitting inactive in a public place (e.g. cinema or in a meeting)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Being in a car for an hour as a passenger (without a break)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Lying down to rest in the afternoon (when possible)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sitting and chatting to someone
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sitting quietly after lunch (not having had alcohol)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	In a car when you stop in traffic for a few minutes.

CALCULATE YOUR RESULT BY ADDING THE VALUES (0,1,2,3) FROM EACH TICK BOX

YOUR RESULT:	<input style="width: 150px; height: 20px;" type="text"/>
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RESULT	WHAT YOUR ESS RESULT INDICATES
< 10	You are most likely getting enough sleep. However, if you have noticed a change in your normal sleep routine, you may want to talk to your doctor.
10 - 16	You may be suffering from excessive daytime sleepiness. You should see your doctor to determine the cause of your sleepiness and possible treatment.
16+	You are dangerously sleepy. It is imperative you see your doctor to determine the cause of your sleepiness and investigate treatment.