

Snoring is not normal.

Sleep Apnea Test

Answer YES or NO to the following questions.

Do you snore loudly? _____

Does your bedroom partner complain about your snoring? _____

Does your snoring wake you up at night? _____

Do you or your bedroom partner notice that you make gasping/choking noises during sleep? _____

Do you have a dry mouth, sore throat or headache in the morning? _____

Do you often fall asleep in the daytime when you want to stay awake? _____

Are you often tired during the day? _____

Do you have high blood pressure? _____

If you answered YES to two or more of the above questions, you may have sleep apnea. Sleep apnea is a treatable condition. Please discuss your sleep habits with your physician or call Ohio Sleep Disorders Centers at 866-455-6693 to set up an appointment with one of our Board Certified Sleep Specialists.



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