



Sleep Apnea At Risk Checklist



- Do you snore and wake up gasping for air?
- Do you have enlarged tonsils/adenoids?
- Are you a mouth breather?
- Do you have a tongue-tie?
- Do you have excessive daytime sleepiness?
- Do you have high blood pressure?
- Have you been diagnosed with diabetes?
- Are you overweight/ have a large neck size?
- Do you have a recessed jaw?
- Are you experiencing mood changes?
- Do you have coronary heart disease?
- Have you suffered a stroke or heart attack?
- Do you suffer from decreased sexual desire?

If you checked one or more of these boxes, it is advised that you go see your medical doctor or a certified sleep medicine doctor for further evaluation.