

Wesley Sleep Center - Sleep Apnea Risk Assessment

Getting good rest is essential to having a normal, productive life. Sleeping disorders can affect you at any age and can seriously interfere with your body's necessary restorative cycles. Merit Health Wesley's sleep study program monitors patients' sleeping patterns to find out why you may be having problems. Your doctor may suggest this treatment if you experience long-term sleeplessness or other recurring problems.

YES	NO	
		Do you snore?
		Are you sleepy during the day?
		Are you overweight?
		Do you wake up with morning headaches?
		Do you have, or are you being treated for, high-blood pressure?
		Are you irritable, fatigued or experiencing difficulty concentrating?
		Do you find it hard to stay awake while driving, reading a book, watching TV or attending meetings?
		Do you ever wake up choking or gasping?
		Do you have a racing heartbeat during the night?
		Has anyone ever watched you sleep and told you that you hold your breath or move frequently when you are sleeping?

If you answered "Yes" to two or more questions, you may be suffering from sleep apnea.

For more information, or to discuss steps toward a sleep study, call Merit Health Wesley Sleep Center at (601) 271-2204.