Obstructive Sleep Apnea

A Simple 5 Question Screening

1. Do you snore?
2. Are you excessively tired, fatigued, lethargic, or have a lack of energy during the day?
3. Have you ever been told that you stop breathing during sleep?
4. Do you have a history of hypertension?
5. Is your neck size larger than 17 inches (males) or larger than 16 inches (females)?

A “Yes” answer to two or more of the above questions is a Positive Screen for OSA and warrants further evaluation. We encourage you to contact us now to schedule your consultation.