



## **Southern California Pulmonary & Sleep Disorders Medical Center**

**Ronald A. Popper MD, FCCP, FAASM, DABSM, Medical Director**

Phone (805) 557-9930 Fax (805) 557-9940 Website: [www.sleepmd4u.com](http://www.sleepmd4u.com)

2230 Lynn Road, Ste. 101, Thousand Oaks, CA 91360

# **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.**