



Louisville Center for Weight Loss

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Sleep Quiz

Has anyone observed that you have stopped breathing while sleeping? Yes ___ No ___

Do you snore loudly? Yes ___ No ___

Do you often feel tired, fatigued, or sleepy during the day? Yes ___ No ___

Do you often awake with a dry mouth? Yes ___ No ___

Do you frequently awaken with headaches? Yes ___ No ___

Do you have or are you being treated for high blood pressure? Yes ___ No ___

Do you often feel irritable or moody during the day? Yes ___ No ___

Are you currently gaining weight? Yes ___ No ___

Are you overweight? Yes ___ No ___

If you answered **YES to THREE** or more questions, you may have sleep apnea, a common yet serious condition that can result in poor sleep quality, daytime fatigue, depression, irritability and memory problems. Left untreated, sleep apnea can also lead to heart disease and an increased risk of dangerous accidents.

Additionally, if you **SNORE and answered YES to any of the above and have a history of TIA, stroke, high blood sugar, or are taking medications for diabetes**, please discuss your significant risk of sleep apnea with your doctor.