

## Serious risk to your health

Recent research shows that snoring and sleep apnea are associated with many serious conditions. Left untreated, they are contributing risk factors in high blood pressure, heart disease, stroke, diabetes and depression.

Sleep apnea may also increase the likelihood of having motor vehicle accidents



Obstructive sleep apnea can be successfully treated

Modern treatment options are available for people with this condition that do not involve drugs or surgery.

Successful therapy means sleeping better and getting more enjoyment from your waking hours, and it may also mean resolving other symptoms associated with Sleep Apnea. Successfully treated individuals report feeling improvements in:

- Vitality and motivation
- Job performance
- Mood
- Sexual drive and performance
- Alertness while driving
- Quality of life

### Visit us at

Warwick Friendly Society Pharmacy 106 Palmerin Street  
Warwick QLD 4370 Ph: (07) 46611944  
Mon – Thurs | 8:30am – 5:00pm Friday | 8:30am – 3:00pm  
Sat – Sun | Closed

1800 020 778 | [www.airliquidehealthcare.com.au](http://www.airliquidehealthcare.com.au)

## Am I at risk?



- Do you:**
- Snore
  - Choke or gasp during sleep
  - Regularly “nod off” whilst seated
  - Feel tired during the day
  - Have morning headaches
  - Wake with a sore throat

You may suffer from **Sleep Apnea**.  
Talk to your doctor today.

# Assess your risk

Sleep Apnea is a Sleep Disordered Breathing problem that affects your sleep, health, and quality of life.

Approximately 1 in 4 adults has sleep-disordered breathing, and up to 80% of these are unaware of their condition and remain undiagnosed and untreated!<sup>1</sup>

Use the following tests to **assess your risk**.

Simply complete these 2 questionnaires to **assess your risk** for Sleep Apnea and **validate your eligibility** for a Medicare funded sleep study with your doctor.

## Epworth Sleepiness Scale<sup>3</sup> (ESS) questionnaire

For the 8 situations in the table below, how likely are you to doze off or fall asleep, in contrast to feeling just tired? Even if you have not done some of these things recently, ask yourself how the situations *would have* affected you.

Use the following scale to choose the most appropriate number for each situation: **0** = Would never doze

**1** = slight chance of dozing

**2** = moderate chance of dozing

**3** = high chance of dozing

Then total the scores.

Scenario	Write your score
Sitting and reading	<input type="text"/>
Watching television	<input type="text"/>
Sitting inactive in a public place (eg. theatre or meeting)	<input type="text"/>
As a passenger in a car for an hour without a break	<input type="text"/>
Lying down in the afternoon when circumstances permit	<input type="text"/>
Sitting and talking to someone	<input type="text"/>
Sitting quietly after lunch without alcohol	<input type="text"/>
In a car, while stopped for a few minutes in traffic	<input type="text"/>
<b>TOTAL SCORE</b> (add up total responses)	<input type="text"/>

<sup>1</sup> Access Economics, 2004. Wake Up Australia: The Value of Healthy Sleep

<sup>2</sup> Chung F et al Anaesthesiology 2008; 108(5): 812-21 & Br J Anaesth 2012; 108(5): 768-75

<sup>3</sup> Johns M Sleep 1991; 14(6): 540-545



## STOP-BANG<sup>2</sup> questionnaire (Please tick)

This tool will assess if you are low, moderate or high risk group for Sleep Apnea. Please tick the response if it applies to you

**S** – Do you **SNORE** loudly?

**T** – Do you often feel **TIRED, fatigued** or **sleepy** during daytime?

**O** – Has anyone **OBSERVED** you **stop breathing** or **choking/gasping** during sleep?

**P** – Do you have or are you being treated for **high blood PRESSURE**?

**B** – **Body Mass Index** more than 35?

**A** – **AGE** over 50 years old

**N** – **NECK circumference** (shirt size) more than 40cm / 16 inches

**G** – **Gender** = MALE?

**TOTAL SCORE**

## Results for ESS and STOP-BANG

If your score for the **ESS** is 8 or more and for the **STOP BANG** is 4 or more: you may qualify for a Medicare funded sleep study. **Discuss with your doctor** and ask if you should be **referred for a sleep study**.

Referrals for sleep studies by Air Liquide Healthcare, the largest facilitator of home based sleep studies and sleep apnea treatment can be found in your doctor practice software under the name: "Air Liquide Healthcare - Sleep Study Referral".