

Obstructive Sleep Apnea

Obstructive sleep apnea (OSA) is a common but under-diagnosed condition.

It can lead to

- chronic inflammation and immune system activation
- stress on the cardiovascular system
- high blood pressure
- daytime sleepiness and fatigue.

Therefore, identifying and treating OSA is a foundational approach to optimize the immune system and overall health. If you are concerned about sleep apnea, talk to your doctor about a workup, which may be done in the comfort of your home or in a sleep lab. This is the only way to definitively diagnose OSA.

Take the quiz below developed by Dr. Francis Chung, an anesthesiologist.



Keep in mind that scoring low DOES NOT rule out sleep apnea

Do you snore?	YES	NO
Do you often feel tired, fatigued, or sleepy during the day?	YES	NO
Has anyone observed you stop breathing during your sleep?	YES	NO
Do you have or are you being treated for high blood pressure?	YES	NO
Is your BMI (body mass index) $> 35 \text{ kg/m}^2$? (You can find your body mass index by searching online for "BMI calculator" and inputting your height and weight.)	YES	NO
Are you over the age of 50?	YES	NO
Is the circumference of your neck $>40 \text{ cm}$? (or is your shirt collar size $>16 \text{ inches}$?)	YES	NO
Are you male?	YES	NO

Scoring Criteria

Low risk of OSA: Answered "Yes" to **0-2** of the items

High risk of OSA: Answered "Yes" to **3 or more** of the items

