

Obstructive Sleep Apnea

Obstructive Sleep Apnea is a major health problem that may be life threatening or contribute significantly to other health risks including obesity, hypertension, diabetes with poor blood sugar control, heart attacks, strokes, acid reflux, and grinding of teeth (bruxism). It also is a major contributing factor to many vehicle related accidents and deaths. Its major symptoms include snoring, pauses in breathing while asleep, urinating more than one time per night, daytime fatigue / sleepiness, depression and erectile dysfunction. Treatment is effective and helps prevent many of these risks.



Circle One

S	Do you S nore loudly? <i>Ronca ruidosamente?</i>	Yes	No
T	Do you often feel T ired, fatigued, or sleepy during daytime? <i>A menudo se siente, cansado o con sueño durante el día?</i>	Yes	No
O	Has anyone O bserved you stop breathing during sleep? <i>Le an dicho que dejó de respirar al estar dormido?</i>	Yes	No
P	Do you have or are you being treated for high blood P ressure? <i>Tiene o le an dicho que tiene alta precion?</i>	Yes	No
If "yes" to two or more of these questions, then they are ranked as being at high risk for Obstructive Sleep Apnea.			
B	B MI > 35	Yes	No
A	A ge ≥ 50	Yes	No
N	N eck Circumference – Men ≥ 17” / Women ≥ 16”	Yes	No
G	G ender – Male (or Post-menopausal Female)	Yes	No
The more questions answered Yes on the BANG, the greater the risk of Moderate to Severe Obstructive Sleep Apnea			

