

SLEEP APNEA RISK

Low Sleep Apnea Risk

**WEIGHT LOSS
RECOMMENDATION**

**Stay In Healthy
Weight Range**

Share any sleep problems you're having with a health care professional.

Getting a restful night's sleep is important for your overall health.

- Sleeping problems due to stress, hectic schedules, or other issues are very common. If they happen a lot or impact your daily life, it's time to talk to a health care professional.
- The Weight Loss Recommendation is based on body mass index (BMI). It's a calculation used to identify people with possible weight concerns. BMI doesn't take into account many important factors, so it's just a first step. Ask a health care professional to determine your ideal weight.

Sleep Apnea Is a Common Sleep Disorder

In sleep apnea, people repeatedly stop and start breathing while sleeping. Undiagnosed or untreated sleep apnea can cause health problems that may affect many parts of the body.

Problems can include hard-to-control blood pressure, heart and blood vessel disease, asthma, some types of cancer, eye disorders, type 2 diabetes, and complications during pregnancy for women.

Men are 2-3 times more likely than women to have sleep apnea. In women, the risk of sleep apnea goes up as weight increases and after menopause. Older age is an important sleep apnea risk factor for both men and women.

Loud snoring and feeling tired even after a full night's sleep are signs of possible sleep apnea. If you think you could have sleep apnea, talk to a health care professional. Treatment can improve sleep and may even prevent heart problems and other health issues.

Signs of Possible Sleep Apnea	Your Answers
Feel tired, fatigued, or sleepy during daytime	No
Snore loudly enough to be heard through closed doors	No
Someone observed your breathing stop during sleep	No
High Risk Factors for Sleep Apnea	You Reported
Age over 50	No
Male sex	Yes
Diagnosed with or treated for high blood pressure	No
Body mass index (BMI) greater than 35.0	No
Neck measures 16 inches or more around	Yes

Weight-Related Risk Factors

Obesity is one of the strongest risk factors for sleep apnea. But people in the healthy weight range can have sleep apnea too.

In people with too much body fat, losing a few pounds can improve sleep-related breathing problems. In some cases, the problems may even go away with weight loss.

This Healthy Weight Range is based on your height alone. And it doesn't apply to pregnant women or highly trained athletes.

WEIGHT (BMI)

Current Weight

180 pounds (BMI=23.7)

Low Risk

Healthy Weight Range

For your height
140 lbs. to 189 lbs.

Calculating body mass index (BMI) is a first step in identifying people with too much body fat.

Only a health care professional can determine a person's ideal weight. But based on general guidelines, you're in the healthy weight range!

People with thicker necks might have narrower airways.

Fat in the neck area can lead to crowding and narrowing of the breathing tube.

This can increase the chance of breathing problems during sleep.

NECK SIZE

16 inches or more
High Risk

A neck measuring 16 inches or more around (circumference) can be a sign of too much fat in the neck.

About This Assessment

This is a preliminary screening assessment based on a scientifically validated questionnaire.¹ The aim is to identify people who might benefit from a complete sleep apnea evaluation in a clinical setting. The weight-loss recommendations are derived from the 2013 AHA/ACC/TOS clinical practice guidelines.²

References

1. Chung F, Subramanyam R, Liao P, Sasaki E, Shapiro C, Sun Y. High STOP-Bang score indicates a high probability of obstructive sleep apnoea. *Br. J. Anaesth.* 2012;108(5): 768–75. doi: <https://doi.org/10.1093/bja/aes022>
2. Jensen MD, Ryan DH, Apovian CM, Ard JD, Comuzzie AG, Donato KA, et. al. 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. *Circulation.* 2013;00.000-000. doi: <http://dx.doi.org/10.1161/01.cir.0000437739.71477.ee>

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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