



Sleep Health Center

a department of

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Signs and Symptoms of Obstructive Sleep Apnea

- Snoring
- Gaspings or choking during sleep
- Restless Sleep
- Frequent urination at night
- Morning headache
- Irritability
- Excessive sleepiness or fatigue during the day
- Poor judgment or concentration
- Memory loss
- Depression
- Sexual dysfunction
- Large Neck Male > 17" Female >16"
- Crowded airway
- High blood Pressure
- Obesity

Epworth Sleepiness Scale:

0= would never doze

1= slight chance of dozing

2= moderate chance of dozing

3= high chance of dozing

Situation

- ___ Sitting and reading
- ___ Sitting inactive in a public place (e.g., a theater or a meeting)
- ___ As a passenger in a car for an hour without a break
- ___ Lying down to rest in the afternoon when circumstances permit
- ___ Watching TV
- ___ Sitting and talking to someone
- ___ Sitting quietly after a lunch without alcohol
- ___ In a car, while stopped for a few minutes in traffic
- ___ *Your Total Score*

Scoring the Epworth

< 8 Normal Sleep Function

8-10 Mild Sleepiness

11-15 Moderate Sleepiness

>16 Severe Sleepiness

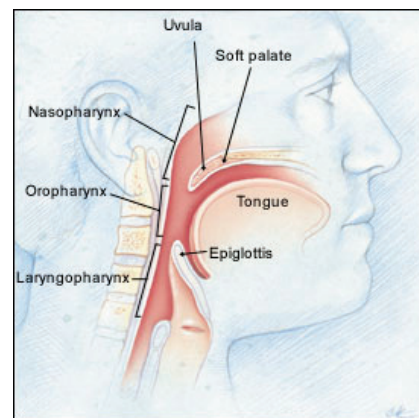


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FIGURE 1A. Normal airway. The soft palate and uvula are normal in length and total size. The tongue is normal in size

and is angled forward. The upper airway at the level of the nasopharynx, oropharynx and hypopharynx is normal in size and contour.

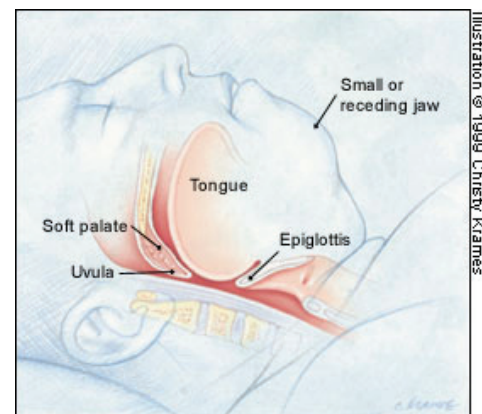


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FIGURE 1B. Abnormal airway during sleep. Multiple sites of obstruction often occur in patients with obstructive sleep apnea. An elongated and enlarged soft palate impinges on the posterior airway at the level of the nasopharynx and oropharynx.

In addition, a retruding jaw pushes an enlarged tongue posteriorly to impinge on the hypopharyngeal space.