

Sleep Center

Sleep

Disorders Center



Your day. Your health. Your life.

They all start with a Good Night's Sleep at Parkway Medical Sleep Disorders Center

Sleep Apnea affects over 18 million Adults and Children

Untreated sleep apnea can affect not only your sleep and your family's sleep at night. **It affects YOUR DAY.** You go through your day sleepy, irritated and feeling run down.

Untreated sleep apnea affects YOUR HEALTH.

Sleep Apnea symptoms:

- » Loud snoring
- » Headaches
- » Strokes
- » Heart attacks
- » Weight gain
- » Low oxygen levels during sleep

Untreated sleep apnea affects YOUR LIFE.

Sleep apnea affects the lives of your family as well:

- » Loud snoring keeps your spouse up at night
- » No energy to attend ball games with your kids
- » Falling asleep during family functions
- » Children with sleep apnea may experience poor performance at school or disciplinary problems

The Sleep Disorders Center at Parkway is here to give you back **YOUR DAY, YOUR HEALTH, YOUR LIFE.**

Answer 8 quick questions located on the back to see if you may have sleep apnea.

Fully accredited by the American Academy of Sleep Medicine



1874 Beltline Road • Decatur, Alabama 35601

(256) 301-3342

www.parkwayinspired.com

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Sleep Questions

Circle the numbers next to the questions that apply.

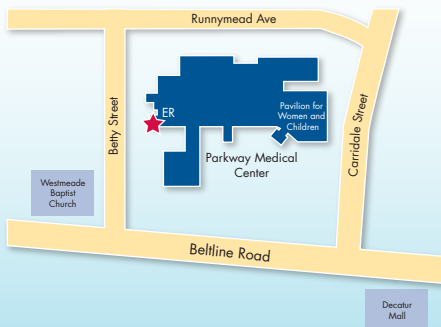
	POINTS
Loud snoring during sleep.....	3
Excessive sleepiness during waking hours.....	3
Frequent gasping, choking, or periods in which breathing appears to stop during sleep.....	3
High blood pressure.....	1
Excessive sweating during sleep.....	1
Weight gain / Overweight	1
Irritability or depression	1
Forgetfulness or poor memory	1

Total: _____

A score of 6 or greater indicates the possibility of sleep apnea. It is strongly recommended that you discuss the results of this questionnaire with your primary care physician or a sleep specialist.

Sleep Center located on 2nd Floor of Parkway Medical

Enter through the ER



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