

**Vista Medical Center East**  
 1324 N. Sheridan Road  
 Waukegan, IL 60085



**Vista Surgery Center**  
 1050 Red Oak Lane  
 Lindenhurst, IL 60046

**Screening for Sleep Apnea**  
**AASM Accredited Sleep Disorders Center**

Name: \_\_\_\_\_

Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ Age: \_\_\_\_\_ Male/Female: \_\_\_\_\_

Questions		Please Circle Yes or No	
1.	A. Do you have sleep apnea?	Yes	No
	B. <b>If yes:</b> Do you have a working CPAP or BIPAP?	Yes	No
<b>**If you answered yes to both A &amp; B, you are done with the survey, otherwise continue below.**</b>			
2.	Do you SNORE?	Yes	No
3.	Do you often feel TIRED, fatigued, or sleepy during daytime?	Yes	No
4.	Has anyone OBSERVED you stop breathing during your sleep?	Yes	No
5.	Do you have or are you being treated for high blood PRESSURE?	Yes	No
6.	BMI is greater than 35?	Yes	No
7.	AGE over 50 years old?	Yes	No
8.	NECK circumference > 16 inches?	Yes	No
9.	GENDER: Male?	Yes	No

**\*\*Please count how many questions you answered yes.**  
**Use the key below to determine your risk of OSA (obstructive sleep apnea).**

# of Yes's and Risk of OSA	Next Step
<b>5 - 9 = HIGH RISK</b>	Schedule with a pulmonologist <b>(847) 360-9800</b>
<b>3 - 4 = INTERMEDIATE RISK</b>	Talk with a doctor. Decide if you should meet with a pulmonologist.
<b>0 - 2 = LOW RISK</b>	No appointment necessary.

Contact Vista's Pulmonary Clinic at **(847) 360-9800** to schedule an appointment today. It is recommended you schedule this appointment as soon as possible to establish care and prevent any delays prior to surgery.

Vista Health System is an Accredited Sleep Disorder Center. A team of medical professionals will evaluate your symptoms and find ways to help you get a better, safer night's rest. If you scored a high or intermediate risk, consider meeting with a specialist.