Teaching the World to Sleep

Sleep Disordered Breathing (Sleep Apnoea) Screening Questionnaire

Use this simple screening tool to check for the likelihood of Sleep Apnoea. Answer yes or no to each of the following 8 questions.
If you have answered yes to 5 or more questions, then you are at high risk of having Sleep Apnoea and an assessment is advised. If you have answered yes to 3 or 4 questions, you are in the medium risk category and if you've answered yes less than 3 times, you are low risk. If you have any concerns, then please talk to your GP or contact us.
Please feel free to use this questionnaire with your friends, family and colleagues.

S	**S**nore – do you?	Yes ☐	No ☐
T	**T**ired – are you?	Yes ☐	No ☐
O	**O**bserved to have stopped breathing in your sleep?	Yes ☐	No ☐
P	**P**ressure – is your blood pressure high?	Yes ☐	No ☐
B	**B**MI – is your Body Mass Index over 30?	Yes ☐	No ☐
A	**A**ge – are you over 50 years old?	Yes ☐	No ☐
N	**N**eck size – is your neck circumference over 16 inches (42 centimetres)?	Yes ☐	No ☐
G	**G**ender – are you male?	Yes ☐	No ☐

Please contact us if you or anyone you know needs any help with sleep:

21 Years

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Sleep Unlimited ltd

Sleep Disordered Breathing (Sleep Apnoea), Safety and Health:

- Sleep disordered breathing is a medical condition where a person does not breathe properly during their sleep and can be quite serious if undiagnosed and untreated.
- It is a highly treatable condition – but if ignored can have a significant negative impact on your health.
- It's estimated that there are over 1.5 million people who are undiagnosed in the UK.
- 41% of commercial drivers are at risk of sleep disordered breathing with 16% severely affected and requiring immediate treatment.
- Professional drivers who have Sleep Apnoea are 5 times more likely to have an accident than those without Sleep Apnoea.
- Employers can be held responsible for road traffic accidents caused by employees experiencing excessive daytime sleepiness and / or who have a sleep problem.
- It is a legal requirement to inform the DVLA of Sleep Apnoea in any driver.

Sleep Unlimited offer ApneaLink assessments to assess for Sleep Apnoea.
The equipment is sent out for use in the client's home for 1 or 2 nights with no need to visit a sleep lab – and the test results are returned within three weeks of receiving the equipment back.

Our highly qualified team of Sleep Physiologists analyse the data from the assessment, write a confidential personal report and make recommendations and referrals (NHS or private) for treatment.

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