

## Your Result

**High Sleep Apnea Risk**

**An evaluation for sleep apnea is recommended.**

Treatment can improve sleep and may prevent other health issues.

- Nearly 8 of 10 people with moderate-to-severe obstructive sleep apnea (OSA) don't know they have it. Based on your answers today, you're at high risk for undiagnosed OSA.
- The healthy weight 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.

## View Your Risk Factors

*Open any Risk Factor below to learn more about your risk and what you can change.*

### Signs of Possible Sleep Apnea



Signs of Possible Sleep Apnea	Your Risk
Feel tired, fatigued, or sleepy during daytime	<b>Yes</b>
Snore loudly enough to be heard through closed doors	<b>Yes</b>
Someone observed your breathing stop during sleep	<b>Yes</b>

#### Sleep Apnea Is a Common Sleep Disorder

In sleep apnea, people repeatedly stop and start breathing while sleeping. Undiagnosed or untreated obstructive sleep apnea (OSA) 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.

Loud snoring and feeling tired even after a full night's sleep are signs of possible OSA. 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.

Age

**High Risk**

#### Age

Age over 50  
**High Risk**

The risk of developing sleep apnea increases as you age. People over the age of 50 are at higher risk of sleep apnea.

## Blood Pressure

Low Risk **Blood Pressure**

No hypertension  
**Low Risk**

A previous diagnosis and/or treatment for high blood pressure (along with other symptoms) may be an indication of undiagnosed sleep apnea.

## Neck Size

High Risk **Neck Size**

16 inches or more  
**High Risk**

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.

Sex

High Risk ∨

### Sex

Male sex  
**High Risk**

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.

Weight (BMI)

Increased Risk ∨

### Weight (BMI)

Current

250 pounds (BMI=33.9)  
**Increased Risk**

Recommended Goal

For your height  
**136 lbs. to 183 lbs.**

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.

## Take Your Next Steps

Based on your results, we recommend starting a conversation with a sleep specialist. Let us help you find one.

[Help Me Find a Doctor](#)

Take the first step towards a healthier you today. Join our Smoking Cessation Program and receive expert guidance and support.

[Enroll Today](#)

Learn about our weight management programs designed to help you achieve a healthier weight and lower your risk.

[Learn More About Weight Loss](#)

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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.

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