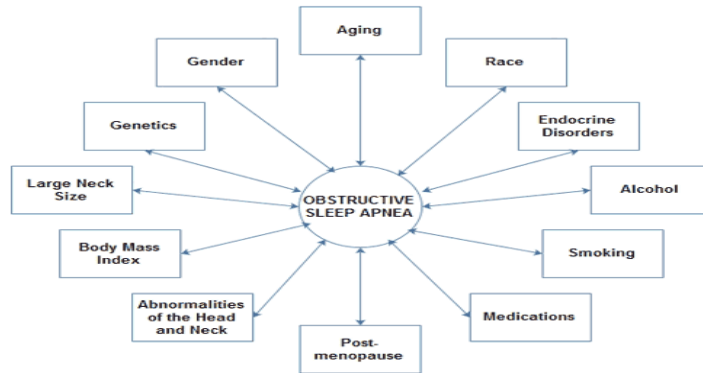


## The Connection between Obesity and Obstructive Sleep Apnea

Obstructive Sleep Apnea (OSA) is defined as a sleep disorder where the patient frequently stops breathing in his or her sleep. 42 million Americans have been diagnosed with OSA to date and the most common cause is excess weight and obesity. Risk factors associated with sleep apnea are:



Obesity is considered a comorbidity to OSA with a prevalence of 77%. Therapies in place to control one's Apnea are CPAP (Controlled Positive Airway Pressure), Mandibular Advancement Dental Devices, ENT surgical interventions and weight loss interventions. Weight loss interventions have shown a 75% improvement in OSA.

**Take the following quiz to see if you may be at risk for OSA.**

Sleepiness Scale\*

Use this scale to choose the most appropriate number for each situation:

0 = would never doze

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

It is important that you choose a response (0 to 3) for each of the 8 situations.

Situation Chance of Dozing

1. Sitting and reading 0 1 2 3 \_\_\_\_

2. Watching television 0 1 2 3 \_\_\_\_

3. Sitting inactive in a public place 0 1 2 3 \_\_\_\_  
(i.e., a theater or meeting)

4. As a passenger in a car for an hour 0 1 2 3 \_\_\_\_  
without a break

5. Lying down to rest in the afternoon 0 1 2 3 \_\_\_\_

6. Sitting and talking to someone 0 1 2 3 \_\_\_\_

7. Sitting quietly after lunch (when you've 0 1 2 3 \_\_\_\_  
had no alcohol)

8. In a car while stopped in traffic 0 1 2 3 \_\_\_\_

Total \_\_\_\_

Add up your responses to the 8 situations. If your total score is 0 - 9, then you share the average score for the normal population. If your total score is 10 - 24, please call our Sleep Wellness Center at (203) 732-7571 to speak with our sleep specialists.

\*Based on the Epworth Scale

Written by:

Jackie Hoyle, RPSGT

Coordinator

The Griffin Hospital Sleep Wellness Center