

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 a test is advised, if you have answered yes to 3 – 5 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.

.....
Snore, do you? Yes No
.....

.....
Tired, are you? Yes No
.....

.....
Observed to have stopped breathing in your sleep? Yes No
.....

.....
Pressure, is your blood pressure high? Yes No
.....

.....
BMI, is your BMI over 30? Yes No
.....

.....
Age, are you over 50 years old? Yes No
.....

.....
Neck size, is your neck circumference over 16" (42cm)? Yes No
.....

.....
Gender, are you male? Yes No
.....

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

Sleep Unlimited offer oximetry and ApneaLink assessments for Sleep Apnoea

Sleep Disordered Breathing (Sleep Apnoea) and Driving

- 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 treatable condition – but if ignored can have a significant negative impact on your health.
- It's estimated that there are over 1 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 a sleep problem may be up to 5 times more likely to have an accident than those without a sleep problem.
- Employers can be held responsible for road traffic accidents caused by employees experiencing excessive daytime sleepiness and/or a sleep problem.
- It is a legal requirement to inform the DVLA of sleep apnoea in any driver.

Sleep Unlimited offer oximetry to assess for Sleep Apnoea. The equipment is sent out for use in the client's home with no need to visit a sleep lab – and the test results are returned within two weeks. Our highly qualified team of Sleep Physiologists analyse the data from the returned equipment, write a confidential personal report and make recommendations and referrals (NHS or private).

.....

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

Tel: 0191 580 0008
Email: info@sleepunlimited.co.uk
Twitter: @SleepUnLtd
www.sleepunlimited.co.uk

Sleep Unlimited^{ltd}