

Do you often feel tired, fatigued or sleepy during the day?

Have you been told that you snore?

Has anyone told you that you stop breathing during your sleep?

Do you have trouble staying awake or concentrating while driving?

Are you overweight?

Do you have high blood pressure?



It could be **sleep apnea**.

What is Sleep Apnea?

The word apnea means no breathing. Sleep apnea refers to pauses in breathing that occur while you sleep. These pauses last for 10 to 30 seconds, possibly longer, until the body reacts with a bigger breathing effort to overcome the problem. This cycle happens over and over throughout the night, interfering with the normal sleep pattern that we need to feel rested and refreshed in the morning.

Is Sleep Apnea Common?

Yes, it is common.

- 26% of adults are at high risk for sleep apnea and should be tested.
- 1 of every 15 adults has at least moderate sleep apnea (6.6%).
- 2 to 3% of children are likely to have sleep apnea.

Take the sleepiness test

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, imagine yourself in the situation as you answer the questions.

Use the following 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

Situation	Chance of Dozing
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (e.g. theatre or meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when circumstances permit	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
Total	_____

A score of 10 or more means you need to talk to your doctor about your sleepiness.

Have you ever felt like this when driving?

- ✓ Your eyelids droop or your vision gets blurry
- ✓ You have trouble keeping your head up
- ✓ You drift between lanes, tailgate or miss traffic signs
- ✓ You can't stop yawning
- ✓ Your thoughts wander
- ✓ You do not remember driving the last few miles
- ✓ You have drifted off the road or had a near miss

If you have even **one of these symptoms while driving**, you are in danger of falling asleep. The only solution that works is to **pull off the road and take a nap.**

Tips for safe driving:

- ✓ Avoid alcohol, tranquilizers and other medication that cause you to be drowsy
- ✓ Travel with a friend to help drive
- ✓ Pull over when you feel tired and take a nap, stretch or take a short walk
- ✓ Drive in daylight hours if possible

Sleepiness and Motor Vehicle Crashes

Most people know drinking and driving is dangerous. Driving while sleepy can be just as deadly.

Sleepiness:

- ✓ Slows reaction time
- ✓ Decreases awareness
- ✓ Impairs judgement

One common cause of sleepiness is **sleep apnea.**

For more information about sleep apnea please contact

THE  LUNG ASSOCIATION™
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ASLEEP AT THE WHEEL?

You might have sleep apnea



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