

Conditions with High Risk for Obstructive Sleep Apnea:

- | | |
|----------------------|------------------------------|
| *Hypertension | *Diabetes |
| *Heart Disease | *Stroke |
| *Atrial Fibrillation | *Menopause |
| *Overweight | *Congestive Heart Failure |
| *Obese | *Pulmonary Hypertension |
| *DOT Drivers | *Bariatric Surgery Candidate |

STOP-BANG SLEEP APNEA QUESTIONNAIRE

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Snoring
Do you snore loudly (louder than talking or loud enough to be heard through closed doors)? |
| <input type="checkbox"/> | <input type="checkbox"/> | Tired/Fatigued
Do you often feel Tired, Fatigued, or Sleepy during the daytime? |
| <input type="checkbox"/> | <input type="checkbox"/> | Observed Apnea - Have you been told you Stop Breathing during your sleep? |
| <input type="checkbox"/> | <input type="checkbox"/> | Pressure
Do you have or are you being treated for High Blood Pressure ? |
| <input type="checkbox"/> | <input type="checkbox"/> | Body Mass Index (BMI)
Are you overweight or obese ? |
| <input type="checkbox"/> | <input type="checkbox"/> | Age - Are you older than 50? |
| <input type="checkbox"/> | <input type="checkbox"/> | Neck Size - Does your neck measure more than 16"? |
| <input type="checkbox"/> | <input type="checkbox"/> | Gender - Are you Male or Post-menopausal Female ? |

How many questions did you answer YES?
OSA – Intermediate / High Risk: Score 3 or more
OSA - Low Risk: Score 0-2

STOP-BANG Questionnaire adapted from Chung F et al. Anesthesiology 2008; 108: 812-821, and Chung F et al Br J Anaesth. 2012; 108: 768-775.

Our Doctors

Carole Guillaume, MD, FAASM is a graduate of The University of Kansas School of Medicine and has been practicing medicine for 20 years. She is certified by both the American Board of Family Medicine and the American Board of Sleep Medicine and now sees patients exclusively for Sleep Disorders.

Leah Luckeroth, MD is board-certified in Internal Medicine and has been practicing medicine for 24 years. She completed her medical degree and residency in Internal Medicine at the University of Kansas. Dr. Luckeroth has completed advanced medical education in Cognitive Behavioral Therapy for Insomnia (CBT-I).

Quick Start Guide

- YES, office visits are covered by insurance.
- YES, you can make your own appointment. No need for a referral.
- YES, our website has more information.

WeHelpYouSleep.com

REMedy Sleep Medicine, LLC

*Conveniently located near College Blvd & Antioch
in Johnson County, Kansas*

*Serving Lenexa, Leawood, Overland Park and
Greater Kansas City*

Office Phone: (913) 777-0077
Secure Fax: (877) 796-6309

Loud snoring...
Restless sleep...
Sleep apnea?



We help.
You sleep.

REMedy Sleep Medicine, LLC

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How well do you sleep?

Sleep is Important!

The first sign of not getting enough sleep is usually irritability or moodiness. If sleep deprivation continues, it can lead to slowed speech, inability to multi-task, loss of attention, nodding off during regular activities, and even other, more serious, health complications.

Good quality sleep is a very important part of everyone's day; it promotes healthy brain function, emotional well-being, and affects your physical health, daytime performance, and safety. How you feel while you're awake partially depends on what happens while you sleep.

Getting a good night's sleep can be a challenge!

For some, quality sleep can be achieved with good sleep hygiene. For others, undiagnosed sleep disorders can prevent restorative sleep entirely. It is important to discuss your sleep health and habits with your physician.

You have suffered long enough . . .

Join your friends & family already being treated.

Snoring

As you fall asleep, the muscles in the neck, the roof of your mouth, tongue, and throat relax. If these muscles relax too much, they may narrow or block your airway. Narrowing of the airway makes the tissue in the back of the throat vibrate, causing the sound you hear during snoring. The narrower the passageway, the more the tissue vibrates, and the louder the snoring. Snoring can disrupt sleep for you and your partner; additionally, it may be an indicator of a more serious sleep disorder, sleep apnea.



Snoring can disrupt sleep for you AND your partner

Obstructive Sleep Apnea (OSA)

Obstructive sleep apnea (OSA) occurs when there are repeated episodes of complete or partial upper airway blockages during sleep. Restricted breathing reduces the amount of air getting into the lungs, causing the diaphragm and chest to work harder to open the obstructed airway. When an apneic episode occurs, a gasp or body jerk may wake you to get air. These episodes and frequent awakenings prevent sound sleep and reduce the flow of oxygen to the lungs and other vital organs. Poor sleep quality and lack of oxygen are linked to an array of health issues including diabetes, hormone imbalance, high blood pressure, obesity, heart disease, kidney disease, stroke, and growth/development in children and teens.

A sleep study (polysomnogram) may be performed to diagnose your particular sleep disorder. After testing, our staff will work with you to find your best sleep REMedy.