



Risk Factors for Sleep Apnea

What Next?

Common Risk Factors

- Body Mass Index
- Mallampati Score
- Neck Circumference
- Snoring
- Mallampati Class 3 or 4

You Have Risk Factors for Sleep Apnea & DOT Federal Guidelines Prompt a Sleep Study

See your Primary Care Provider & Get Referral for an In-Lab Sleep Study (Not at Home); share result w/ UCC

Negative for Sleep Apnea

Return to Clinic for Repeat Exam

Positive for Moderate or Greater Sleep Apnea

Get a CPAP Machine & Wear for 30 Days for at LEAST 4 hours/night, Greater than 70% of the nights)

Return to Clinic for Repeat Exam. One Year Certification due to Sleep Apnea