

Snoring Quiz

Snoring Can Be Hazardous To Your Health

Loud snoring is not a joking matter. For many it may signal a breathing problem during sleep. Some snorers actually stop breathing for brief periods throughout the night.

Take this test to find out if snoring puts you at risk.

Yes **No**

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Do you snore? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Are you sleepy during the day? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Are you overweight? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you wake up with morning headaches? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have high blood pressure? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Are you irritable, fatigued or have difficulty concentrating? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you find it hard to stay awake while driving, watching TV, reading a book or attending a meeting? |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you ever wake up choking, gasping for air or have a skipping or racing heartbeat during the night? |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Has anyone watched you sleep and told you that you hold your breath, snort and often move during sleep? |