

Registered
Polysomnographic
Technologist on Staff

Sleep Studies, Consultations, Homestudies and CPAP Clinics

Respiratory
Therapist
on Staff



Dr. Sever Surdulescu, Medical Director (Lake Norman Pulmonary & Critical Care Spec.)

Board Certified in Sleep Medicine

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SCREENING TEST FOR SLEEP APNEA AND OTHER SLEEP DISORDERS

This is for educational purposes only. Please see your physician for an evaluation of Sleep Apnea.

Obstructive Sleep Apnea (OSA) is a life-threatening sleep disorder, which left untreated may lead to Congestive Heart Failure, Stroke, High Blood Pressure, Depression, and other conditions.

Take this simple Quiz to see if you may be at risk for Sleep Apnea:

1. Do you snore?
2. Do you wake up feeling tired and unrested?
3. Do you frequently awaken with headaches?
4. Do you fall asleep at inappropriate times?
5. Have you ever been told that you stop breathing while you sleep?
6. Do you wake up gasping for air, or choking?
7. Are you overweight?
8. Do you have, or have you ever had, congestive heart failure?
9. Do you have high blood pressure?

If you answered "Yes" to 2 or more of these questions, you may be at risk for Sleep Apnea, a serious sleep disorder, which can easily be treated.

Name _____ Date of Birth _____

Address _____

Phone _____ Cell _____

Work _____

Primary Physician _____

Physician's Phone _____

*****I give Piedmont Sleep Center permission to call me and fax this information to my primary physician for a consultation.*****

Signature _____

Please print this and take to your physician or fax to our office at (828) 322-3160 or call us at (828) 322-3111. You can also email this form to ashbobcar@hotmail.com.

We accept Medicare and Medicaid and most major insurances.