

## 10 Questions to Ask Your Health Care Professional about OSA

1. Could my excessive sleepiness be due to obstructive sleep apnea?
  2. How do I tell whether I (or my partner) have obstructive sleep apnea?
  3. How is obstructive sleep apnea diagnosed?
  4. Do I have any risk factors for this condition?
  5. Are there lifestyle changes I can make?
  6. How should I manage daytime sleepiness?
  7. What is a sleep diary? How can it help you evaluate my sleep problems?
  8. Is it important that I get treatment for obstructive sleep apnea?
  9. How is obstructive sleep apnea treated?
  10. What treatment options would you recommend?
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