American Heart Association®
Reduce Your Risk™

Obstructive Sleep Apnea Symptoms:

A Checklist for Adults, Caregivers and Sleep Partners

Why Recognizing Sleep Apnea Symptoms Matters

Obstructive sleep apnea (OSA) often develops slowly, and many people may not realize they have symptoms. In some cases, family members, caregivers or sleep partners may notice signs first. OSA is more than a sleep disorder. Poor sleep and repeated pauses in breathing can affect energy levels, daily activities, concentration, mood, heart health, metabolic health and overall well-being.

This checklist can help you recognize common symptoms and discuss them with a healthcare professional.

Symptoms may show up differently for men and women.

Check for Common OSA Symptoms



During Sleep

Check any symptoms that you have now or have been noticed by others.

- ☐ Loud or frequent snoring
- ☐ Pauses in breathing during sleep
- ☐ Gasping, choking or snorting during sleep
- ☐ Restless or interrupted sleep
- ☐ Frequent waking during the night
- ☐ Sweating during sleep
- ☐ Waking up feeling short of breath
- ☐ Trouble staying asleep
- ☐ Frequent trips to the bathroom during the night
- ☐ Sleeping much longer than usual but still feeling tired



During the Day

Check any symptoms that you have now or have been noticed by others.

- ☐ Feeling tired even after a full night's sleep
- ☐ Excessive daytime sleepiness
- ☐ Trouble concentrating
- ☐ Trouble remembering information
- ☐ Lower energy levels
- ☐ Morning headaches
- ☐ Reduced productivity during daily activities
- ☐ Dry mouth upon waking
- ☐ Trouble staying awake while reading, watching television or sitting quietly
- ☐ Irritability or mood changes



Overall Health Check-In

Many health conditions can happen with OSA. Check any conditions that apply.

- ☐ High blood pressure
- ☐ Obesity or overweight
- ☐ Type 2 diabetes
- ☐ Heart disease
- ☐ History of stroke
- ☐ Family history of sleep apnea
- ☐ Atrial fibrillation or other heart rhythm problems
- ☐ Depression or anxiety
- ☐ Chronic fatigue
- ☐ Frequent daytime sleepiness



Partner, Family Member or Caregiver Observations

Family members and caregivers are often the first to notice signs of OSA. Check any observations that apply.

- ☐ Frequent loud snoring
- ☐ Pauses in breathing
- ☐ Gasping or choking sounds during sleep
- ☐ Excessive movement during sleep
- ☐ Falling asleep unexpectedly during the day
- ☐ Increasing forgetfulness or trouble concentrating
- ☐ Decreased participation in daily activities due to fatigue
- ☐ Changes in mood, patience or energy level

What Your Answers May Mean

Reflection Questions

- Have symptoms changed over the past year?
- Are symptoms affecting daily activities, work, school or relationships?
- Have family members or sleep partners expressed concerns about sleep?
- Are other health conditions becoming harder to manage?

Your answers can help you talk with a healthcare professional about next steps.

Few or No Symptoms Checked	Having few symptoms does not rule out OSA. Symptoms vary from person to person and should be discussed with your healthcare professional.
Several Symptoms Checked	Multiple symptoms may be a reason to talk with a healthcare professional to determine if a sleep disorder or other health concern may be an issue.
Symptoms Plus Other Health Conditions	If you have sleep concerns along with high blood pressure, obesity, diabetes, heart disease or chronic fatigue, talking with a healthcare professional may be especially important.

Conversation Starter



Topics to Discuss

Consider taking this checklist to a healthcare appointment.

- ☐ Sleep quality
- ☐ Snoring
- ☐ Daytime fatigue
- ☐ Morning headaches
- ☐ Existing health conditions
- ☐ Family or caregiver observations
- ☐ Whether a sleep study may be right for you

Sleep Health and Overall Wellness

Sleep is a foundation of health, along with nutrition, physical activity and stress management.

Learning the signs of sleep apnea is an important first step toward improving:

- **Sleep Quality**
- **Energy and Daily Functioning**
- **Heart Health**
- **Metabolic Health**
- **Mental Well-being**
- **Overall Quality of Life**

Learn more at heart.org/OSA.

Lilly

Lilly is a proud supporter of the American Heart Association's Obstructive Sleep Apnea Project.

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