

Doctor Dialogue For Women



1 in 5 women

have sleep apnea

9 in 10 women

are unaware of their
condition

If you believe that
you might have
sleep apnea, talk
to your physician.

Use these questions to talk to your health care provider

- What is sleep apnea?
- Are you qualified to diagnose and treat sleep apnea?
- What would cause me to have sleep apnea?
- Is sleep apnea different in women and men?
- Are there other health issues that could cause my symptoms?
- How is sleep apnea diagnosed?
- Are treatment options different for women?
- If I need a sleep study, what are my options?
- Are sleep studies covered by my insurance?
- How is sleep apnea treated?
- Are there options besides CPAP?
- Are there any life-style changes that might help improve sleep apnea?
- What are the complications/risks with leaving sleep apnea untreated?

Let the Doctor Know...

- Medications and doses you take
- Have you been told that you snore?
- Family history of sleep apnea?

