

# COULD YOU HAVE SLEEP APNEA?



Nearly half of all truck drivers  
may have sleep apnea.<sup>1</sup>



## YOUR COMFORT

REMsafesLEEP provides:

- Cost-effective testing, treatment and resupply programs tailored specifically to your needs
- Full-time staff of clinical experts allows us to support drivers from diagnosis, through treatment, and beyond
- 1000+ physical locations around the U.S. to support drivers

**Get back on the road fast with  
REMsafesLEEP! Testing to  
treatment in as little as  
three nights.**



REMsafesLEEP is the leader for screening, testing, diagnosing, treating, and managing sleep apnea in truck drivers. REMsafesLEEP is a division of Lincare, the foremost provider of in-home respiratory care and equipment in the United States. We can work directly with the driver to tailor a program specific to their needs. This program will not only improve the driver's overall health and wellbeing, but lower healthcare costs as well.

**DON'T BE ASLEEP AT THE WHEEL.  
YOUR **SAFETY** IS AT RISK AS  
WELL AS THOSE YOU SHARE THE  
ROAD WITH.**



Lack of sleep can make you less alert and affect your coordination, judgment and reaction time while driving<sup>2</sup>. Risks of driving with OSA might include:

- Distracted driving
- Slow reaction time
- Cognitive impairment

**When a driver with OSA goes untreated it not only leads to major health issues but an increased risk of being involved in a fatigue-related motor vehicle crash.**

# TAKE THE SLEEP APNEA TEST.

## STOP-Bang questionnaire<sup>3</sup>

Please answer the following questions by checking **yes** or **no** for each.

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**Snoring** (Do you snore loudly?) ☐ YES ☐ NO

**Tiredness** (Do you often feel tired, fatigued, or sleepy during the daytime?) ☐ YES ☐ NO

**Observed Apnea** (Has anyone observed that you stop breathing, or choke or gasp during your sleep?) ☐ YES ☐ NO

**High Blood Pressure** (Do you have or are you being treated for high blood pressure?) ☐ YES ☐ NO

**BMI** (Is your body mass index more than 35kg/m<sup>2</sup>?) ☐ YES ☐ NO

**Age** (Are you older than 50 years?) ☐ YES ☐ NO

**Neck Circumference** (Is your neck circumference greater than 15.75"?) ☐ YES ☐ NO

**Gender** (Are you male?) ☐ YES ☐ NO

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**Score one point for each positive response.**

Scores: 0-2 = low risk, 3-4 = intermediate risk, ≥5 = high risk.

# COULD YOU HAVE SLEEP APNEA?

Sleep apnea is a common sleep disorder in which breathing starts and stops during the night. If you identify with any of the symptoms listed below, you may have sleep apnea.

## SYMPTOMS OF SLEEP APNEA:

- Morning headaches
- Poor concentration
- Night sweats
- Excessive daytime sleepiness
- Forgetfulness
- Irritability
- Sexual dysfunction
- Lack of energy
- Dizzy upon waking
- Frequent urination
- Insomnia
- Low mood
- Restless sleep
- Heartburn
- Weight gain



## COMORBIDITIES ASSOCIATED WITH SLEEP APNEA:

- Heart disease
- Mental confusion
- Acid reflux
- Asthma
- Depression
- Cancer
- Stroke
- Increased blood pressure
- Heart failure
- Long-term health issues
- Death



**877-304-5139**  
**REMSAFESLEEP.COM**

1. <https://www.overdriveonline.com/regulations/article/14898496/new-study-finds-nearly-half-of-truck-drivers-could-potentially-have-sleep-apnea>
2. [https://www.cdc.gov/sleep/about\\_sleep/drowsy\\_driving.html#:~:text=Lack%20of%20sleep%20can%20make,as%20drinking%20too%20much%20alcohol](https://www.cdc.gov/sleep/about_sleep/drowsy_driving.html#:~:text=Lack%20of%20sleep%20can%20make,as%20drinking%20too%20much%20alcohol)
3. [www.stopbang.ca/osa/screening/php](http://www.stopbang.ca/osa/screening/php)

<https://www.zehlhw.com/sleep-apnea-commercial-drivers-deadly-combination/>  
<https://www.nashunhealthcare.org/about-us/news-media/2017/ignoring-sleep-apnea-can-be-fatal/>