

What's your Snore Score?

The answers to this quiz will give you a better idea if you suffer from a sleep disorder. Please answer yes or no to each question.

1. Are you a loud, habitual snorer?
2. Do you feel tired and groggy when you awake?
3. Are you often sleepy during waking hours and/or can you fall asleep quickly?
4. Are you overweight and/or do you have a large neck?
5. Have you been observed to choke, gasp or hold your breath during sleep?

If you answered yes to any of the above questions, you should talk to your doctor or a sleep specialist about your symptoms.

For more information, please call:
(850) 689-8100