

HIGH SLEEP APNEA RISK

People in this category have a STOP-Bang score of 3 or higher. This score indicates an individual is at high risk for undiagnosed obstructive sleep apnea (OSA).

People in this category should be encouraged to have an OSA evaluation with primary care at their earliest convenience.

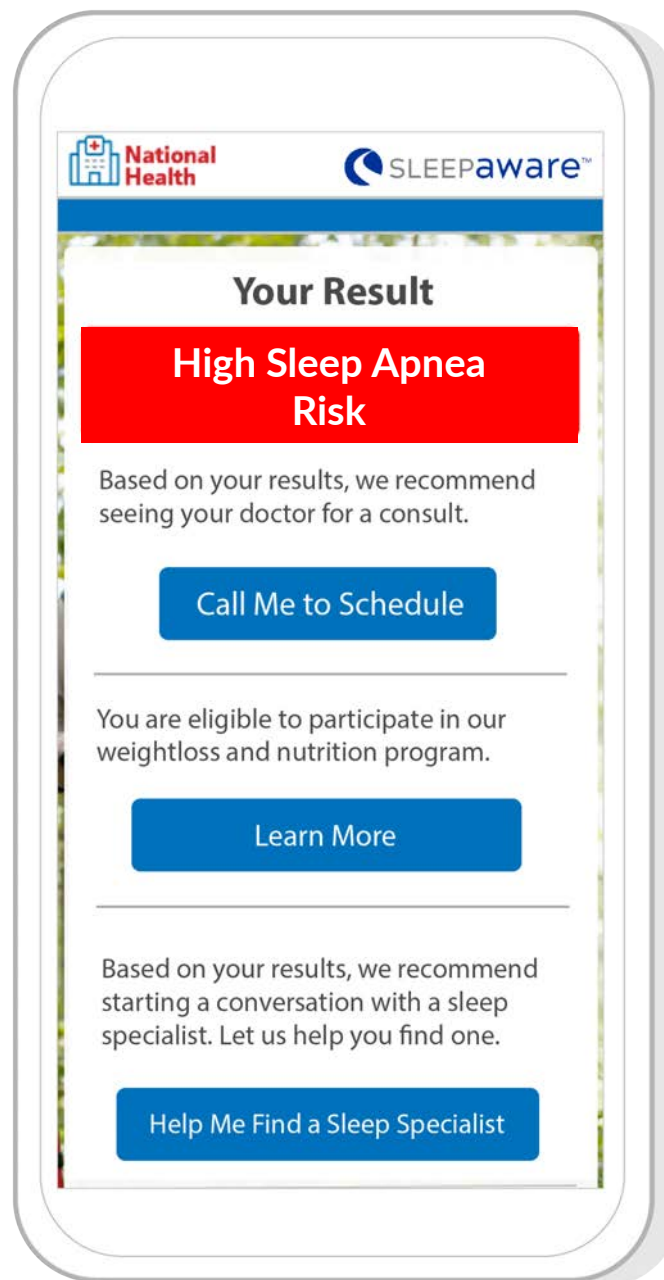
The following questions are used to calculate the STOP-Bang score:

1. Do you often feel tired, fatigued, or sleepy during daytime? (+1 point for "Yes")
2. Do you snore loudly enough to be heard through closed doors? (+1 point for "Yes")
3. Has anyone observed you stop breathing during your sleep? (+1 point for "Yes")
4. Do you have or are you being treated for high blood pressure? (+1 point for "Yes")
5. Does your neck measure 16 inches or more around? (+1 point for "Yes")
6. Age (+1 point for over age 50)
7. Sex (+1 point for male)
8. Height & weight (+1 point for body mass index [BMI] over 35)

The lowest possible score is zero and the highest score is 8. The higher the score, the greater the risk of undiagnosed obstructive sleep apnea.

In addition to meeting the criteria for an OSA evaluation, these people may have overweight or obesity.

GOAL: SCHEDULING AN EVALUATION FOR OBSTRUCTIVE SLEEP APNEA



CUSTOMIZED CALL-TO-ACTION MESSAGES

Focus Call to Action (CTA) messaging in the follow-up section of portal on:

- Appointment scheduling for an OSA evaluation.
- Relevant health content.



FOLLOW UP

Follow up with the user as soon as possible to:

- Review their results report with them and answer any questions they have.
- Schedule an appointment for OSA screening.
- Discuss potential treatments, as well as their next-steps.



NURTURING

Customize your nurturing content to explain:

- Signs and symptoms of possible OSA.
- Weight, neck circumference, and other risk factors for developing OSA.
- The importance of diagnosing and treating OSA to avoid serious health problems in the future.



SCREENING & REFERRAL TO SLEEP DISORDER CENTER

- Users in this group should be assessed for OSA in a clinical setting.
- These users will likely benefit from a referral to a sleep disorder center.



EXAMPLE PERSONA



Jorge is a 45-year-old male. He works long hours as a software engineer and eats on the go. Jorge has obesity (height 5'9" and 225 lbs; BMI=33), and he takes medication to control his blood pressure.

Jorge wakes up tired every morning in spite of getting 8 hours of sleep each night. His wife complains of his very loud snoring, and she's reported hearing him stop breathing at times.

Jorge knows that the fatigue he's experiencing is affecting his job performance, so he's looking for ways to improve his sleep hygiene practices.

UNKNOWN RISK FOR SLEEP APNEA

People in this category have a STOP-Bang score of 2 AND do not know their neck size (i.e., they answered “I don’t know” to “Does your neck measure 16 inches or more around?”).

People in this category with a neck circumference of 16 inches or more should be encouraged to have an OSA evaluation with primary care.

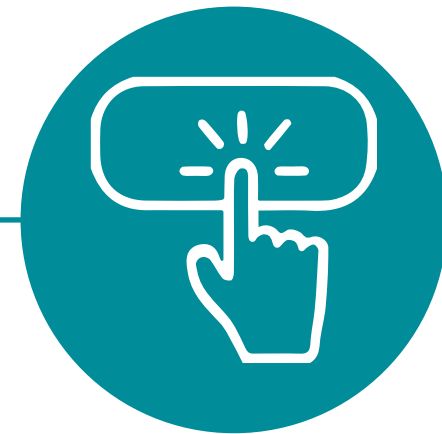
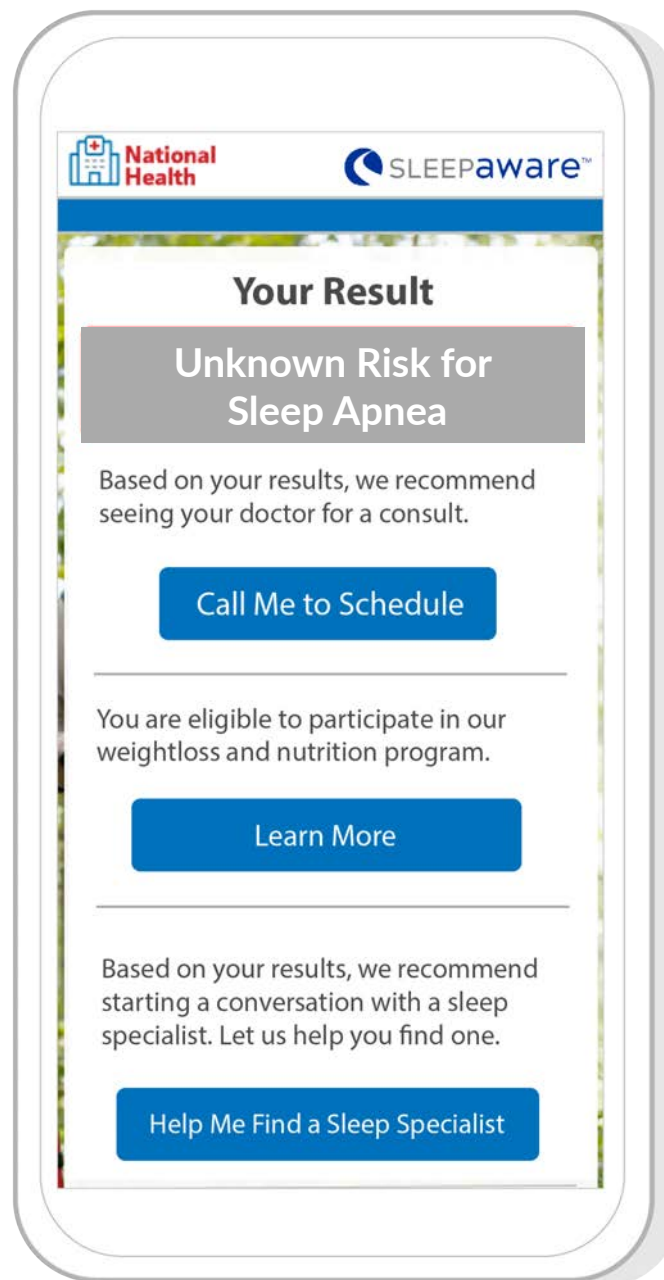
The following questions are used to calculate the STOP-Bang score:

1. Do you often feel tired, fatigued, or sleepy during daytime? (+1 point for “Yes”)
2. Do you snore loudly enough to be heard through closed doors? (+1 point for “Yes”)
3. Has anyone observed you stop breathing during your sleep? (+1 point for “Yes”)
4. Do you have or are you being treated for high blood pressure? (+1 point for “Yes”)
5. Does your neck measure 16 inches or more around? (+1 point for “Yes”)
6. Age (+1 point for over age 50)
7. Sex (+1 point for male)
8. Height & weight (+1 point for body mass index [BMI] over 35)

The lowest possible score is zero and the highest score is 8. The higher the score, the greater the risk of undiagnosed obstructive sleep apnea.

In addition to possibly meeting the criteria for an OSA evaluation, these people may have overweight or obesity.

GOAL: DISCUSS OSA RISK FACTORS DURING REGULAR PRIMARY CARE VISIT



CUSTOMIZED CALL-TO-ACTION MESSAGES

Focus Call to Action (CTA) messaging in the follow-up section of portal on:

- Appointment scheduling to discuss OSA risk factors.
- Relevant health content.



FOLLOW UP

Follow up with the user as soon as possible to:

- Review their results report with them and ask if neck circumference is 16 inches or more.
- Schedule an appointment to discuss OSA risk factors.
- Discuss potential treatments, as well as their next-steps.



NURTURING

Customize your nurturing content to explain:

- Weight, neck circumference, and other risk factors for developing OSA.
- Signs and symptoms of possible OSA.
- The importance of diagnosing and treating OSA to avoid serious health problems in the future.



DISCUSS SCREENING IN PRIMARY CARE SETTING

- Users with thicker necks should undergo additional OSA screening.
- Sleep hygiene practices should be reviewed, followed by recommendations for improvement.
- Overweight/obese users should be referred to a weight management program.



EXAMPLE PERSONA

Robyn is a 60-year-old woman who has steadily gained weight since going through menopause at age 52.

Robyn has a STOP-Bang score of 2 due to her age and BMI (i.e., 5'2" and 195 pounds, BMI=36). However, she doesn't know her neck measurement.

Robyn read about risk factors for OSA online, so she's wondering if she's at risk.

LOW SLEEP APNEA RISK

People in this category have one of the following:

- a STOP-Bang score of 0 or 1
- a STOP-Bang score of 2 with a known neck size.

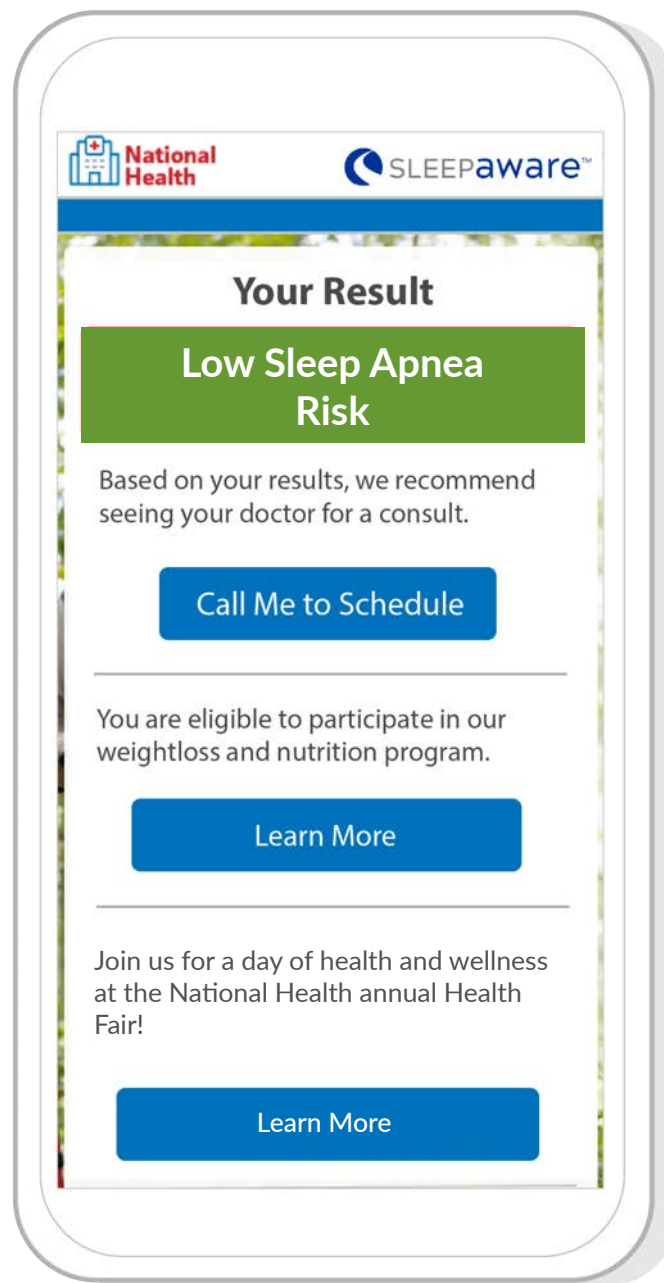
The following questions are used to calculate the STOP-Bang score:

1. Do you often feel tired, fatigued, or sleepy during daytime? (+1 point for "Yes")
2. Do you snore loudly enough to be heard through closed doors? (+1 point for "Yes")
3. Has anyone observed you stop breathing during your sleep? (+1 point for "Yes")
4. Do you have or are you being treated for high blood pressure? (+1 point for "Yes")
5. Does your neck measure 16 inches or more around? (+1 point for "Yes")
6. Age (+1 point for over age 50)
7. Sex (+1 point for male)
8. Height & weight (+1 point for body mass index [BMI] over 35)

The lowest possible score is zero and the highest score is 8. The higher the score, the greater the risk of undiagnosed obstructive sleep apnea.

Although they don't meet the criteria for an OSA evaluation, these people may have overweight or obesity.

GOAL: REVIEW SLEEP HYGIENE PRACTICES AT REGULAR PRIMARY CARE VISIT



CUSTOMIZED CALL-TO-ACTION MESSAGES

Focus Call to Action (CTA) messaging in the follow-up section of portal on:

- Relevant health content.
- Health fairs or other events sponsored by your community.
- Appointment scheduling.



FOLLOW UP

Follow up with the user as soon as possible to:

- Review their results report and answer any questions they have about their results.
- Encourage tracking of factors that can affect sleep quality (i.e. naps, stimulants, nighttime eating, exercise, etc.) to share at next primary care visit.



NURTURING

Customize your nurturing content to explain:

- That age, sex, and weight are important OSA risk factors.
- Signs and symptoms of possible OSA.
- The importance of diagnosing and treating OSA to avoid serious health problems in the future.



SLEEP HYGIENE INTERVENTION

- Sleep hygiene practices should be reviewed, followed by recommendations for improvement.
- Overweight/obese users should be referred to a weight management program.



EXAMPLE PERSONA

Timothy is the 35-year-old father of 2 young children. He works full-time at an advertising agency, and his wife works the second shift at a manufacturing plant.

Timothy is always tired and often quite irritable (i.e., "Yes" to question 1). One of his children or his wife often interrupts his sleep, so he's perpetually sleep-deprived. He combats the fatigue by drinking 2 pots of coffee throughout the day.

Timothy has a STOP-Bang score of 1 (i.e., 0 points on questions 2-8). He doesn't know much about sleep apnea, but he knows his sleep patterns aren't normal. He is eager to make a change.