

■ 3-Minute Sleep Apnea Self-Check

By Nightly Calm

Do you wake up tired, groggy, or with a dry mouth — even after a full night’s rest? It might be more than just “bad sleep.” Sleep apnea often hides in plain sight. This quick self-check helps you spot the most common signs — so you’ll know whether it’s time to talk to your doctor or take a home sleep test.

■■ **Note:** This is not a medical diagnosis. It’s a guide to help you recognize patterns that might point to sleep apnea.

■ Step 1: Quick Symptom Checklist

Question	Yes	No
I snore loudly or someone has told me I do.	■	■
I often wake up gasping, choking, or snorting.	■	■
I feel exhausted or foggy even after a full night’s sleep.	■	■
I wake up with headaches or a dry mouth.	■	■
I get drowsy during the day (reading, driving, watching TV).	■	■
I’ve been told I stop breathing or go very quiet in sleep.	■	■
I have high blood pressure or unexplained fatigue.	■	■

Tally your score: Give yourself 1 point for each “Yes.”

■ Step 2: Interpret Your Results

Score	What It Means
0–2	You probably have healthy sleep. Keep tracking your energy levels.
3–5	Possible signs of mild or moderate sleep apnea. Consider a sleep evaluation.
6–7	Strong indicators of sleep apnea. Talk to your doctor or take a home sleep test soon.

■■ Step 3: What to Do Next

If you scored 3 or more:

- Keep a 7-day “sleep diary” (note snoring, energy, and wake-ups).
- Share your results with your doctor.
- Consider an **at-home sleep test** — affordable, easy, and effective.

- Learn more with our guides at [NightlyCalm.com](https://www.nightlycalm.com).

■ **Bonus: 5 Small Fixes You Can Try Tonight**

- 1) Sleep on your side instead of your back.
- 2) Avoid alcohol and sedatives before bed.
- 3) Use a humidifier to ease congestion.
- 4) Try nasal strips or a saline rinse before sleep.
- 5) Keep your bedroom cool and quiet.

Small changes won't cure apnea, but they can reduce symptoms and improve sleep quality right away.

You don't need to panic — but you do need to pay attention. Sleep apnea is common, treatable, and often overlooked. The first step is awareness... and you just took it.

Next: Print this checklist and talk with your healthcare provider, or take a home sleep test.