



| <u>MEDICAL CONDITION</u> | <u>SUGGESTED SOLUTIONS</u> | <u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u> | <u>STATISTICS / RISK REDUCTION</u> |
|---|--|---|--|
| Chronic fatigue/snoring or increased sleep requirements | <p>You should see a pulmonary (lung) specialist for sleep laboratory evaluation.</p> <p>You may need a Bipap Machine.</p> <p>My sleep requirement is _____</p> | <p>Sleep laboratory evaluation is recommended in patients with snoring, increased sleep requirement, vascular risk factors, BMI greater than 30 and difficult to treat hypertension.</p> <p>(http://www.guidelines.gov/summary/summary.aspx?doc_id=9471&nbr=004545&string=sleep)</p> | |