

March 15, 2024



Sleep Awareness Campaign

Free Consultations & Walkathon in Celebration of World Sleep Day

In honor of Sleep Awareness Campaign and celebration of World Sleep Day on March 15th, The Indian Association of Surgeons for Sleep Apnoea (IASSA) in association with Madras ENT Research Foundation (MERF) is organizing a series of events aimed at promoting healthy sleep habits and raising awareness about sleep disorders.

SLEEP APNEA

Free Consultation: Participants will receive personalized insights and guidance on optimizing their sleep routines, focusing on addressing common sleep issues such as snoring.

This consultation will provide information on the causes of snoring, its effects, and available treatment options, empowering individuals to address this common sleep concern proactively.

Dr. P. Vijaya Krishnan

Consultant ENT Surgeon

President of Indian Association of Surgeons for Sleep Apnoea

Head of the Dept of Snoring & Sleep Apnea

Madras ENT Research Foundation Pvt Ltd

Chennai - 600028

March 15, 2024



I
A
S
S
A
&
M
E
R
F

ARE YOU AT RISK FOR SLEEP APNEA?

Complete the questionnaire below and visit our Sleep Clinic at the Outpatient Department (OPD) for further consultation

Please mark "Yes" for each question if applicable:

- Do you snore loudly? (Yes / No)
- Have anyone witnessed you stop breathing during sleep? (Yes / No)
- Do you often feel tired, fatigued, or sleepy during the day? (Yes / No)
- Do you have difficulty concentrating or remembering things? (Yes / No)
- Do you experience morning headaches frequently? (Yes / No)
- Have you been told that you toss and turn frequently during sleep? (Yes / No)
- Do you wake up with a dry mouth or sore throat? (Yes / No)
- Have you noticed a change in your mood - irritability / depression? (Yes / No)
- Do you have high blood pressure or are you being treated for it? (Yes / No)
- Are you overweight or obese? (Yes / No)

Scoring:

- If you answered "Yes" to any question, mark a score of 1 for that question.
- Total your score and if it is **3 or higher**, we recommend visiting our Sleep Clinic for further evaluation and consultation.

Clinic Hours: 2:00 pm - 3:00 pm (Monday to Friday) till 31st March 2024

Dr. P. Vijaya Krishnan

Consultant ENT Surgeon

President of Indian Association of Surgeons for Sleep Apnoea

Head of the Dept of Snoring & Sleep Apnea

Madras ENT Research Foundation Pvt Ltd

Chennai - 600028