



Snoring & Sleep Apnea Risk Self-Assessment Quiz

This quiz is not a diagnosis — it's a tool to help identify potential signs of a deeper sleep issue. If you score moderate or high, consider seeking professional advice.



Tip: Retake this quiz after 30 days of consistent lifestyle changes or snoring remedy trials to check for improvement.

[Track your sleep and snoring patterns in a journal for 7–14 days to find triggers and patterns!](#)

[Breathing Exercises for you to try](#)

Instructions:

Answer each question truthfully. Circle/Tick **Yes** or **No**.



Section 1: Snoring Frequency

1. Do you snore loudly enough to be heard through doors or walls?
☐ Yes ☐ No
2. Have you been told that your snoring disrupts others' sleep?
☐ Yes ☐ No
3. Do you snore every night or most nights of the week?
☐ Yes ☐ No



Section 2: Breathing Patterns During Sleep

4. Has anyone observed you stop breathing during sleep?
☐ Yes ☐ No
5. Have you ever woken up gasping or choking for air?
☐ Yes ☐ No
6. Do you experience dry mouth or a sore throat upon waking?
☐ Yes ☐ No



Section 3: Daytime Symptoms

7. Do you often feel tired or groggy during the day, even after a full night's sleep?
☐ Yes ☐ No
8. Do you struggle with concentration, memory, or mood swings?
☐ Yes ☐ No
9. Do you rely heavily on caffeine to get through the day?
☐ Yes ☐ No



Section 4: Health Indicators

10. Do you have high blood pressure or take medication for it?
☐ Yes ☐ No
11. Are you overweight or have you gained weight recently?
☐ Yes ☐ No
12. Do you have a neck circumference of more than 16 inches (40 cm)?
☐ Yes ☐ No



Scoring

- **0–3 YES answers:**

✅ Low.Risk — Your snoring may be minor and lifestyle-related. Try the natural tips and continue tracking your progress.

- **4–6 YES answers:**

⚠️ Moderate.Risk — Consider trialling snoring aids and implementing the book's recommendations. Track your symptoms closely.

- **7+ YES answers:**

🔥 High.Risk — You may be experiencing symptoms of obstructive sleep apnea or another sleep disorder. It's recommended to speak with a healthcare provider or sleep specialist.

