

Selection of Sleep Cohort

To determine those at high-risk for sleep apnea, the following survey questions and algorithm was used:

Q3: According to what others have told you, please estimate how often you snore.

1; Rarely – only once or a few times ever, 2; Sometimes – a few nights per month; under special circumstances, 3; At least once a week, but pattern may be irregular, 4; Several nights (3 to 5) per week, 5; Every night or almost every night, 7; Do not know.

Q4: How loud have others said your snoring is?

1; Only slightly louder than heavy breathing, 2; About as loud as mumbling or talking, 3; Louder than talking, 4; Extremely loud – can be heard through a closed door, 7; Do not know.

Q8: According to what others have told you, how often – if ever—do you gasp, choke, or make snorting sounds during sleep?

1; Never, 2; Rarely – only once or a few times ever, 3; Sometimes – a few nights per month, 4; Often – at least once a week, but pattern may be irregular, 5; Very Often- Every night or almost every night, 7; Not sure.

Q9: How often – If ever – have you awakened suddenly with the feeling of gasping or choking?

1; Never, 2; Rarely – only once or a few times ever, 3; Sometimes – a few nights per month, 4; Often – at least once a week, but pattern may be irregular, 5; Very Often- Every night or almost every night, 7; Not sure.

Q10: According to what others have told you, how often – if ever – do you seem to have momentary periods during sleep when you stop breathing or you breathe abnormally?

1; Never, 2; Rarely – only once or a few times ever, 3; Sometimes – a few nights per month, 4; Often – at least once a week, but pattern may be irregular, 5; Very Often- Every night or almost every night, 7; Not sure.

Q16a: Please check whether or not you have been told by a physician that you had or have each condition below.

Y N Sleep apnea (a condition where breathing stops momentarily during sleep)

All sleep apnea diagnosed individuals (q16a=Y) were selected for invitation.

All individuals determined as high risk for Sleep Disordered Breathing were invited according to the following criteria:

Q8 = 4 OR 5

Q9 = 4 OR 5

Q10 = 4 OR 5

Q8 = 3 and Q3 = 4 OR

Q9 = 3 and Q3 = 4 OR

Q10 = 3 and Q3 = 4 OR

Q4 = 4 OR

Q3 = 5

Non high risk individuals for Sleep Disordered Breathing were randomly selected within 2-year sex specific age groups, to match the high-risk individuals 1.5:1 (when available).