

## 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).