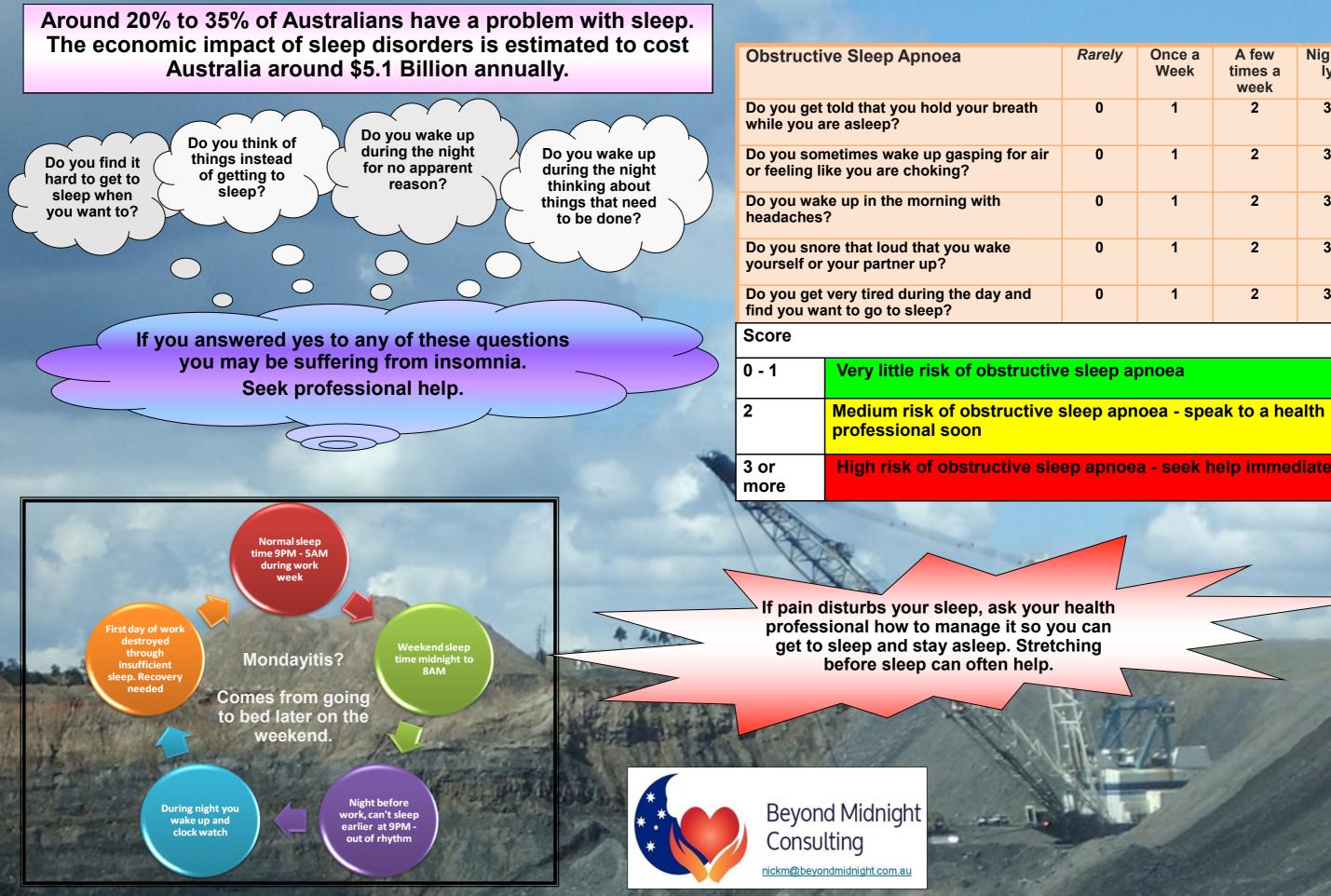
Managing Sleep Issues and Disorders



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Rarely	Once a Week	A few times a week	Night- ly
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3

High risk of obstructive sleep apnoea - seek help immediately