

The MTA and Metro North have medical guidelines for the evaluation of employees for Obstructive Sleep Apnea (OSA) which are listed below.

Yes

No

1. Epworth Sleepiness Scale total score \_\_\_\_\_. Score of 11 or greater \_\_\_\_\_
2. Positive answer(s) to a sleep related question \_\_\_\_\_
3. BMI > 35 and neck circumference > 17" for males or >16" for females \_\_\_\_\_
4. BMI > 35 or neck circumference > 17" for males or >16" for females \_\_\_\_\_

plus any of the following: \_\_\_

- Loud snoring
- Observed apneas
- Diagnosed hypertension requiring medication
- Diagnosed diabetes or glucose intolerance