1. Full Title: Self-reported snoring and breathing pauses as indicators of sleep-disordered breathing ascertained by in-home polysomnography

2. Abbreviated Title (Length 26): Snoring and SDB status

3. Writing Group (list individual with lead responsibility first):
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4. Timeline: Start date determined by SHHS P&P; writing: approx. 7 mo. To final draft

5. Rationale: Objective measures of sleep-disordered breathing are expensive and have a considerable participant burden. A subjective indicator for sleep-disordered, capable of being incorporated in self-administered surveys, would greatly facilitate research on risk factors and outcome for sleep-disordered breathing. To date, there has been no adequate investigation of the predictive power of self-reported snoring and other breathing problems for sleep-disordered breathing.

6. Main hypothesis: Self-reported snoring and occurrence of breathing pauses can be used to predict sleep-disordered breathing determined by objective measurement (in-home polysomnography).

7. Data (variables, time window, source, inclusions/exclusions): Data from the mailed sleep habits questionnaire (questions on snoring and breathing pauses, and on household informants), baseline data from parent study on age, sex, body mass index, ethnicity, and the summary measures of AHI (apnea-hypopnea index; the
average number of events per hour of sleep) from in-home polysomnography (using different definitions).

Exclusions: Subjects with poor quality of sleep studies (insufficient hours of sleep, poor signals, unscorable record as determined by reading center as grades C or D).