

## ARIC MANUSCRIPT PROPOSAL FORM

Manuscript #556S

1. Full Title: Is snoring associated with sleepiness independent of obstructive sleep apnea?

Abbreviated Title: (length 26): Snoring and sleepiness

2. Writing Group (list individual with lead responsibility first):

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To be determined: Coordinating Center

3. Timeline:

Start of analysis 1/97; preliminary draft to PEP 3/97

4. Rationale:

Snoring is associated with excess sleepiness in subjects with normal respiratory disturbance index (RDI). This study will determine whether snoring is a risk factor for sleepiness independent of RDI.

5. Main Hypothesis:

Snoring is associated with a higher Epworth Sleepiness Scale score independent of the level of RDI.

6. Data (variables, time window, source, inclusions / exclusions):

The data to be used in this analysis include PSG variables RDI4P, arousal index, quality grades and PSG notes), Sleep Habits Questionnaire data (ESS score, snoring, usual sleep time), age, gender, and BMI. The source of data will be the Coordinating Center. The analysis will include all subjects with PSG studies scored as of 12/97 (approximately 3500 studies) with overall PSG score of fair or better, who also have complete SHQ data for ESS and snoring.