



**LOYOLA  
MEDICINE**

*We also treat the human spirit.®*

## **AFRIN TEST**

In order to help determine whether your sleep apnea/snoring problem is a result of a problem in your nose, throat, or both we would like you to do the following:

### **1ST NIGHT:**

1. Right before bed, spray Afrin twice on each side of you nose.
2. Sniff back and spray once more on each side of your nose.
3. Have someone observe your snoring for one hour after you fall asleep.

### **2ND NIGHT:**

1. Do not use afrin.
2. Have someone observe your snoring for one hour after you fall sleep.

Is snoring: \_\_\_ Gone  
              \_\_\_ Decreased  
              \_\_\_ Unchanged

Call Mary at 216-3664 with test results.