

1. Sex
  - a. Male
  - b. Female
  
2. Body mass index (kg/m<sup>2</sup>)
  - a. <21.0
  - b. 21.0-22.9
  - c. 23.0-24.9
  - d. 25.0-26.9
  - e. 27.0-29.9
  - f. ≥30.0
  
3. Blood pressure (mmHg)
  - a. SBP <140 and DBP <90
  - b. 140 ≤ SBP <160 or 90 ≤ DBP <100
  - c. 160 ≤ SBP <180 or 100 ≤ DBP <110
  - d. SBP ≥180 or DBP ≥110
  
4. Snoring
  - Do you snore?
    - a. almost everyday
    - b. often
    - c. sometimes
    - d. almost never
    - e. don't know

\* SBP=Systolic blood pressure, DBP=Diastolic blood pressure