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**Comments Received :**

The Tool Development and Surveillance Workgroup of the Count on Sleep/OSA Awareness Project would like to applaud the CDC's effort to understand the sleep habits of US adults better, as it has recognized direct impacts on our health and wellness. However, we would also like to acknowledge that undiagnosed and untreated obstructive sleep apnea has a more significant negative impact on our health as it is clearly associated with problems of high blood pressure, heart disease, type 2 diabetes, stroke, and depression. The most recent estimate is that approximately 23.5 million US adults are not diagnosed with sleep apnea, with an estimated total cost of \$149.6 billion to the economy (1). But, this estimate is from 2016. Recognizing the personal and societal impact of this disorder, we would request a modification of a previous question and an additional question to provide us with a more updated estimate of undiagnosed sleep apnea among US adults.

The question we would request to be modified is:

Original: During the past 30 days, how often did you wake up feeling well-rested?

New version: During the past 30 days, how often do you feel tired during the day?

Rationale:

The combination of daytime sleepiness/tiredness and concerns of irregular breathing increases the likelihood of having sleep apnea. This modified question and the new question would allow us better to estimate the prevalence of sleep apnea in the public.

The new question we would request to be added is:

During the past 30 days, how often were you or someone else concerned about gasping for air or pausing their breathing while sleeping?

- Never
- Some days
- Most days
- Every day
- Refused
- Don't know

Thank you for your consideration.

(1) Frost & Sullivan, Hidden Health Crisis Costing America Billions, American Academy of Sleep Medicine, 2016 (sleep-apnea-economic-crisis.pdf (aasm.org))