ABSTRACT:

**Study Objectives:**
To evaluate the relation between snoring and the presence of obstructive sleep apnoea (OSA) in terms of relevant health parameters and questionnaire responses.

**Methods:**
Selective random sampling within a household survey at the cities of Al-khobar and Dammam, Saudi Arabia over a 3-month period during the year 2000. 152 persons, aged 17 to 62 years, with a positive history of snoring as determined by the spouse or other members of the family.

**Results:**
The presence of OSA was determined using the Epworth sleepiness scale (ESS). The predictors included age, gender and body mass index. Snoring was found to be more associated with OSA as suggested by ESS in the study sample. The severity of snoring and its pattern are more associated with apnoeic patients.

**Conclusion:**
Snoring is common and may be a serious medical problem. This study revealed that snoring is associated with symptoms suggesting OSA syndrome as detected by ESS. The family doctor and his team should be aware of the condition, using simple screening test such as ESS, improves the patient care, and finding of suspected cases.

**Key Words:** Obstructive Sleep Apnea, Household survey, Snoring.