

IMPORTANT NOTICE — READ BEFORE USING THIS DOCUMENT

This is a SAMPLE educational summary generated by SnoreWeight, a wellness tool. It is NOT a medical assessment, clinical recommendation, diagnosis, or treatment plan. SnoreWeight is not a medical device and has not been evaluated or approved by the FDA. This document does not measure AHI, predict individual sleep apnea outcomes, or replace polysomnography or any validated clinical assessment. Weight milestones are arithmetic calculations based on self-reported inputs only. Research citations reference population-level findings and do not predict outcomes for any individual. Clinical decisions — including any changes to CPAP therapy, medication, or treatment — must be made by a qualified healthcare provider. This document must not be filed as a clinical record or shared with patients as a medical report.

SnoreWeight(TM) — Educational Summary

SAMPLE DOCUMENT

Patient Information (Sample — not a real patient)

Name	Sample Patient	Date	June 2026
Age	52	Clinician	Dr. [Name]
Current Weight	224 lbs	Height	5 ft 10 in
Neck Circumference	17 inches	BMI	32.1
Sleep Apnea History	Reported (not verified by this tool)	GLP-1 Status	Self-reported

Estimated SnoreWeight Range

Based on self-reported inputs, the estimated SnoreWeight range for this individual is approximately **197 lbs**. This is an arithmetic estimate — not a measured clinical value. It represents the weight at which this person reports their snoring began or significantly worsened.

Gap to estimated range: **27 lbs** (current weight 224 lbs vs estimated range 197 lbs).

This estimate is a heuristic based on self-reported inputs and population-level research trends. It is not a validated clinical threshold and should not be treated as one.

Weight Loss Milestones

The following milestones are calculated arithmetically from the patient's self-reported current weight. No clinical outcomes are predicted for any individual.

Milestone	Target Weight	lbs to lose	Notes
5% loss	213 lbs	11 lbs	Early progress milestone

10% loss	202 lbs	22 lbs	Published research: ~26% avg AHI reduction at population level*
15% loss	190 lbs	34 lbs	Continued progress
Est. SnoreWeight range	197 lbs	27 lbs	Self-reported snoring onset weight

* Population-level finding from Peppard et al., JAMA 2000. Does not predict AHI outcomes for this individual.

Relevant Published Research

Population-level findings cited for educational reference only. These do not predict outcomes for any individual patient.

Finding	Source & Note
10% weight loss associated with ~26% avg reduction in AHI	Peppard et al., JAMA 2000 — population average, not individual prediction
10% weight gain associated with ~32% avg increase in AHI	Peppard et al., JAMA 2000 — population average, not individual prediction
Neck circumference ≥ 17 in (M) / ≥ 16 in (F) associated with elevated OSA risk	Davies & Stradling, Eur Respir J 1990 — risk association, not diagnosis
Tirzepatide reduced OSA severity by 62.8% in trial participants	SURMOUNT-OSA trial, 2024 — clinical trial average, not individual prediction

Educational Summary

Based on self-reported inputs, this patient's current weight is approximately 27 lbs above their estimated SnoreWeight range. Published research consistently shows that weight is one of the most significant and reversible contributors to snoring and sleep-disordered breathing. Weight reduction toward the estimated SnoreWeight range is consistent with published sleep health research.

This summary is for informational and educational purposes only. It does not constitute a clinical recommendation. All clinical decisions — including any assessment, treatment, or changes to existing therapy — must be made by a qualified healthcare provider based on appropriate clinical evaluation.

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