

# Apnea-Hypopnea Index (AHI) Score Classification for Adults

| AHI     | RATING                  |
|---------|-------------------------|
| < 5     | Normal (no Sleep Apnea) |
| 5 - 15  | Mild Sleep Apnea        |
| 15 - 30 | Moderate Sleep Apnea    |
| > 30    | Severe Sleep Apnea      |

## Slep Score Explained

**United States. Congress. Senate.  
Committee on Appropriations.  
Subcommittee on Department of  
Defense**

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