

Patient Information

Patient	John D., Age 52	Assessment Date	June 8, 2026
Gender	Male	GLP-1 Status	On tirzepatide (6 months)
Sleep Apnea	Diagnosed OSA (AHI 28)	CPAP User	Yes — 3 years

SNOREWEIGHT™ **217** lbs — Estimated three months weight loss goal

31.4 BMI — Obese Class I

Weight Loss Milestones — Body Changes at Each Stage

Milestone	Target Weight	Neck Reduction	Chest Reduction	Est. AHI Improvement
-5%	241 lbs	-0.18"	-0.23"	~10%
-10%	228 lbs	-0.35"	-0.45"	~26%
-15%	216 lbs	-0.53"	-0.68"	~40%
-20%	203 lbs	-0.70"	-0.90"	~57%
SnoreWeight Goal	217 lbs	-0.47"	-0.60"	Significant improvement expected

Clinical Recommendation

Patient has confirmed OSA (AHI 28) and is currently 35 lbs above estimated SnoreWeight of 217 lbs. Patient is on tirzepatide (6 months) — continue monitoring weight loss progress toward SnoreWeight target. High neck circumference (18") is a significant independent risk factor. A 10% weight reduction (target: 228 lbs) is expected to reduce AHI by approximately 26%, potentially allowing reassessment of CPAP therapy requirements. Recommend follow-up SnoreWeight assessment at each 5% weight loss milestone.

