DO YOU HAVE SLEEP APNEA?

If you snore...
If you do not feel refreshed after a night’s sleep....
If your bed partner has heard you stop breathing or seen you holding your breath while sleeping....
If you wake up feeling unrefreshed regardless of how much you have slept.....

Talk to your doctor about sleep apnea and your sleep concerns. Getting quality sleep is essential for good health.

SLEEP APNEA AND DEPRESSION

There is a correlation between quality or lack of sleep and anxiety/depression.
Symptoms of depression and sleep apnea can overlap, making it difficult for people to realize they’re experiencing both.
The key to a differential diagnosis is to first determine if you have sleep apnea, as the sleep apnea may be causing or contributing to your depression.
Ask your doctor about a sleep study or sleep medicine referral.

FIVE SIGNS OF SLEEP APNEA

Wondering if you have sleep apnea? Ask yourself these questions:
- Do you snore? Or has someone told you that you hold your breath while sleeping?
- Do you have excessive daytime sleepiness or severe tiredness after a full night’s rest?
- Do you have high blood pressure that is hard to control even with medicine?
- Have you fallen asleep while driving or while having a conversation?
- Do you have any blood relatives with sleep apnea?

TAKE THE NEXT STEPS

If you are concerned that you, or someone you love, has sleep apnea, talk to your doctor today.
- Tell your doctor your answers to the questions above
- Ask your doctor about a sleep study or sleep medicine referral
- Follow your doctors recommendations to treat your sleep apnea
- If you need help along the way, reach out to us at www.sleepapnea.org

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