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....

Talk to your doctor about sleep apnea.

Getting a quality night’s sleep is essential for overall good health.
Talk to your doctor today about your sleep concerns.

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 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 for a sleep study, in a lab or at home
- Follow your doctors recommendations to treat your sleep apnea
- If you need help along the way, reach out to us at www.sleepapnea.org

TAKE THE NEXT STEPS

IS SLEEP APNEA HARMFUL?

Did you know that sleep apnea is a serious condition that affects your overall health? The longer it goes untreated the greater the associated health risks. If left untreated, sleep apnea can create, worsen or complicate the following associated cardiovascular conditions:

- High Blood Pressure
- Heart Disease
- Heart Attack
- Heart Failure
- Stroke
- AFIB

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 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 at a stop sign?
- Do you have any blood relatives with sleep apnea?

FIVE SIGNS OF SLEEP APNEA

s
American Sleep Apnea Association
888-293-3650
asaa@sleepapnea.org

SCAN FOR HELP WITH SLEEP APNEA

HOW TO SCAN: OPEN, AIM & TAP

Open the camera on your phone
Aim it at the flowcode
Tap the banner that appears