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.

SLEEP APNEA CONSEQUENCES
Did you know that sleep apnea is a serious condition that affects your overall health and ability to function? Sleep apnea can cause the following issues:

- Fatigue
- Excessive Daytime Sleepiness
- Brain Fog and Difficulty Concentrating
- Impaired Emotional Functions
- Anxiety
- Depression
- Irritability

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 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?

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 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

SLEEPAPNEA.ORG
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