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....
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 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 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

scan for help with sleep apnea

How to scan: open, aim & tap

open the camera on your phone
Aim it at the FlowcodeTap the banner that appears