

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 and your sleep concerns. **Getting quality sleep is essential for good health.**

SLEEP APNEA CONSEQUENCES

Sleep apnea is a serious condition that affects your overall health. The longer it goes untreated the greater the associated health risks.

Obstructive Sleep Apnea is often associated with the following conditions:

- Resistant High Blood Pressure
- Coronary Artery Disease
- Heart Failure
- Pulmonary Hypertension
- Recurrent Atrial Fibrillation (AFIB)
- Stroke
- Nocturnal Angina

FIVE SIGNS OF SLEEP APNEA

Wondering if you have sleep apnea, ask yourself these questions:

- Do you snore? Or has someone told you 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 other 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.sleephealth.org