

# 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. If left untreated sleep apnea can create, worsen or complicate the following associated conditions:

- 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 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](http://www.sleephealth.org)