



DO YOU SNORE?

Why it is an important question?

Sleep rejuvenates and heals your body. Are you doing everything to optimize your sleep?

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Do You Snore? – Why it is an important question?



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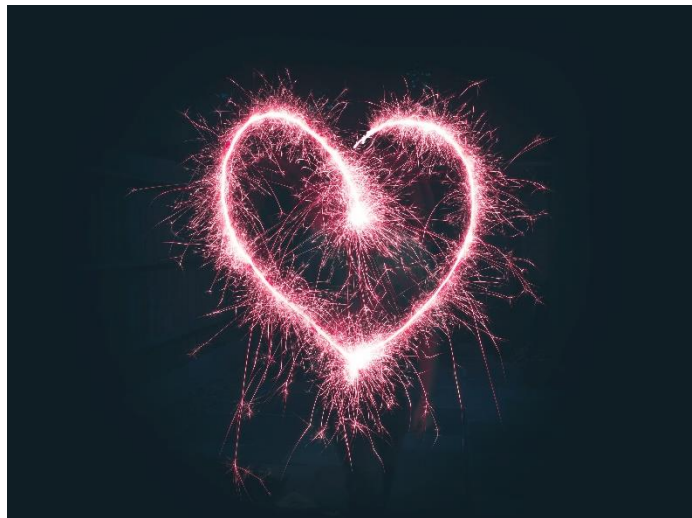
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Do you snore?



Is it Sleep Apnea?

*Why you
should care!*



*Sleep Apnea is when
you stop breathing
during sleep*



How do I know if I have sleep apnea?



Some Common Symptoms

Loud Snoring

Gasp for air during sleep

Wake with dry mouth

Difficulty staying asleep

Excessive daytime drowsiness

Another person says you snore

Morning headache





Apps that can help

Snore Lab

Snore Analyzer

Snore Tracker

Monitor Your Sleep

Who may be more likely to experience sleep apnea?

Have excess body weight

Smoker

**User of alcohol, sedatives, tranquilizers, and
certain pain medications**

Men are 2 to 3 times more likely to snore

Family members also snore

Being older (but all ages may snore)

Nasal congestion

Why should you care?
*Sleep apnea may increase your
risk of:*

Daytime drowsiness and fatigue

Increased accidents (driving and workplace)

Heart disease

High blood pressure

Type 2 diabetes

Abnormal cholesterol levels

Increased waist circumference

Abnormal liver function

Irritability (relationships suffer)

Dementia

*Sleep apnea may be a
potentially serious disorder*

I encourage you to be tested



professionally.

Home testing is now available!

Your primary care physician orders the test

You pick up the monitor from the sleep clinic

Wear it through the night

Return it

Have results professionally analyzed

Do follow up as suggested

Don't delay!



*Wake each
morning
refreshed!*

*Sleep is important
to
Thrive with
Health!*

