

Sleep^c Apnea

 **23X**

More likely to have a heart attack

 **3X**

More likely to develop diabetes



Chronic Snoring

Sleep Disruptions

Gaspings for Air

Chronic Fatigue

Signs &

Symptoms


Nightmares

Depression

Insomnia

Anxiety



 **3X**

More likely to have a stroke



Greater risk of falling asleep or tired, inattentive driving

