

## What is **SLEEP APNEA**?

It is a common disorder in which your **BREATHING STOPS BRIEFLY DURING SLEEP.**

Pauses last **10-20 seconds** and occur as many as **30+ times/hour.**



## Sleep apnea is linked to:

- ✓ High blood pressure
- ✓ Atrial fibrillation
- ✓ Sudden cardiac death
- ✓ Heart failure

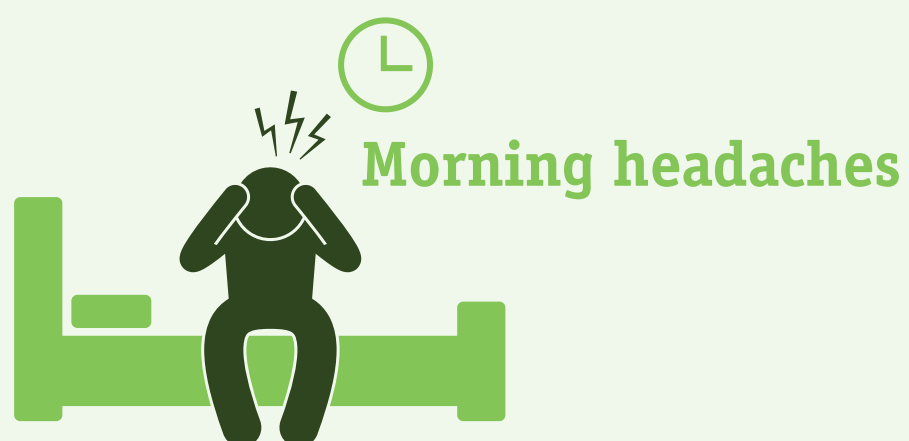
More than **18 MILLION** Americans have it.



## KNOW THE SIGNS

### MOST COMMON SIGNS:

- ✓ Loud snoring
- ✓ Gasps for breath during sleep
- ✓ Waking up frequently



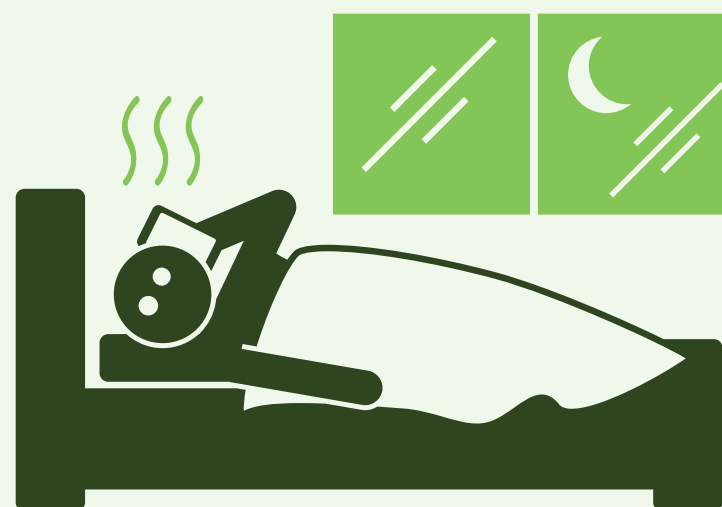
Morning headaches



Feeling tired, irritable or distracted



Dry mouth



Excessive daytime sleepiness

## How to **TREAT** it



Lose weight



Adopt healthy sleep habits



Avoid alcohol or medications that can disrupt normal sleep



Use a breathing device to keep your airway open



Surgery