

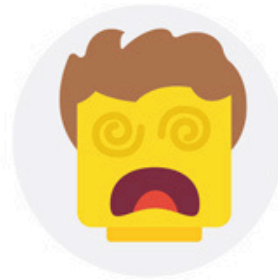
Sleep Apnea

Snoring could be more than just a sound.
It could be fatal



Symptoms

- Disruptive snoring during the night
- Pauses in breathing while sleeping
- Gasping or choking during sleep
- Frequently waking up during the night
- Morning headache, dry mouth & excessive daytime sleepiness



Complications

- Heart damage or heart failure
- Sudden cardiac death
- High blood pressure
- Stroke

Sleep apnea can be diagnosed through a sleep study, either in a hospital or at home

Management & Treatment

- Changing sleep position
- Managing weight
- Using oral appliances
- Getting a CPAP (Continuous Positive Airway Pressure) Machine
- Surgery in severe cases

Snoring – Do Not Ignore It, It Can Harm You, Seek Help!