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# SIGNS OF SLEEP APNEA

01

## LOUD SNORING

You can snoring loudly and not have sleep apnea.

But snoring can potentially lead to a bigger problem, like sleep apnea



02

## STOP BREATHING DURING SLEEP

Sleep apnea causes you to briefly stop breathing until your body restarts your breathing.

This can occur hundreds of times per night



03

## GASPING FOR AIR

Your sleep partner may report that you choke or gasp for air while sleeping.

This could be due to sleep apnea and a blocked airway that is preventing you from breathing.



04

## HEADACHE

While the headaches will usually go away after about 4 hours, sleep apnea is probably the cause of frequent morning headaches.



05

## INSOMNIA

Many people with sleep apnea also have difficult falling asleep and wake up frequently or for long periods of time at night



06

## SLEEPY DURING THE DAY

You may sleep the entire night, but because of the interruptions of sleep apnea, you don't get the deep sleep we all require.

You're tired every day all day.



07

## IRRITABILITY

If you're not getting good quality sleep then you will be tired, drowsy and in a bad mood. This can impact your relationships with family, friends and co-workers.

