

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

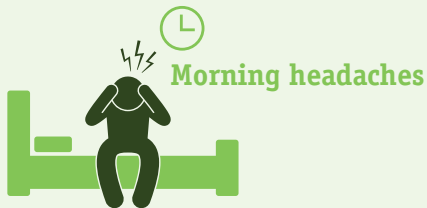
18 MILLION
American adults
have it.



KNOW THE SIGNS

MOST COMMON SIGNS:

- ✓ loud snoring
- ✓ gasps for breath during sleep
- ✓ waking up frequently



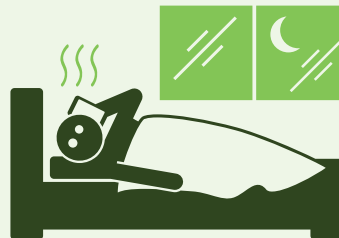
Morning headaches



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



Surgery

Use a breathing device to keep your airway open

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit WMCHealthAPS.com/Heart