Obstructive sleep apnea can be a \textit{nightmare} for your health. Is OSA \textit{haunting} your house?

**Watch out for these scary signs:**

- **Creepy noises will send a chill down the spine of your bed partner. Sleep apnea sounds like a werewolf, with or without a full moon.**

- **Sleep apnea can make you feel like the “real” you has been taken by body snatchers. You’re just not yourself anymore.**

- **Daytime tiredness will make you feel like a real monster.**
  - Snoring
  - Gasping
  - Choking

- **Sleep apnea wants to suck your blood... pressure. And disrupt your heart rhythm. And give you a heart attack. You’ll need more than garlic to stop this vampire.**

- **Sleep apnea turns you into a daytime zombie.**
  - Daytime tiredness
  - Fatigue
  - Exhaustion
  - Irritability
  - Memory loss
  - Trouble concentrating

- **Sleep apnea attacks your brain like a mad scientist. It’s... getting... hard... to... think.**
  - Slow reactions
  - Morning headaches
  - Stroke

- **Your risk of death is 3 times higher if you have severe sleep apnea.**
- **Your risk of cardiovascular death is 5 times higher if you have severe OSA.**

**WARNING SIGNS**

- **Take action before your health becomes a horror story. Instead of screaming, talk to a doctor.**

Go to \texttt{stopsnoringpledge.org} today. It’s time for the \textit{nightmare} to end.