

Stop the SNORE



Pledge now to Stop the Snore and take action on sleep apnea. How do you know if you should talk to a doctor? Here are five **warning signs** for sleep apnea:

Snoring



Choking or gasping during sleep



Obesity



Fatigue or daytime sleepiness



High blood pressure



Visit stopsnoringpledge.org to pledge to **#StoptheSnore** and find a local sleep specialist.

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