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:

- Choking or gasping during sleep
- Fatigue or daytime sleepiness
- Obesity
- High blood pressure
- Snoring

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

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