



Obstructive sleep apnea can be a MIGHTMLARE for your health.

Is OSA HAUNTING your house?

WATCH OUT FOR THESE SCARY SIGNS:



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

WARNING SIGNS

Snoring

Gasping

Choking

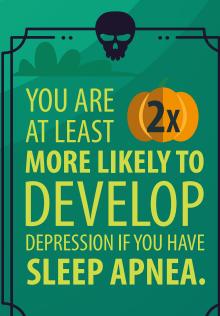


Sleep apnea can make you feel like the "real you" has been taken by body snatchers. You're just not yourself anymore.

-WARNING SIGNS

Depression

Lack of Motivation



Sleep apnea turns you into a daytime zombie. You'll feel like a real monster.

WARNING SIGNS

Daytime tiredness
Fatigue
Exhaustion
Irritability





Sleep apnea attacks your brain like a mad scientist. It's...getting... hard...to...think.

WARNING SIGNS

Memory loss Trouble concentrating Slow reactions Morning headaches Stroke



YOUR ARE 2X MORE LIKELY TO HAVE A STROKE IF YOU HAVE SLEEP APNEA.

30% 40%

ABOUT 30-40% OF PEOPLE WITH HIGH

BLOOD PRESSURE HAVE SLEEP APNEA.

ABOUT 80% OF PEOPLE WITH TREATMENT RESISTANT HIGH BLOOD PRESSURE HAVE OSA.





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.

WARNING SIGNS

Treatment resistant high blood pressure Coronary artery disease Congestive heart failure Atrial fibrillation



ULTIMATELY, SLEEP APNEA WANTS TO KILL YOU. DON'T IGNORE THE WARNING SIGNS!







YOUR RISK OF CARDIOVASCULAR DEATH IS 5 TIMES HIGHER IF YOU HAVE SEVERE OSA.



TAKE ACTION BEFORE YOUR HEALTH BECOMES A HORROR STORY. INSTEAD OF SCREAMING, TALK TO A DOCTOR.





Pledge to "Stop the Snore" and talk to a doctor about sleep apnea.

Go to stopsnoringpledge.org today. It's time for the **NIGHTMARE** to end.



Sources: Archive:

Archives of internal Medicine
International Journal of Cardiology
ChronoPhysiology and Therapy
SLEEP

http://1.usa.gov/1rl833B http://bit.ly/YUQuRP http://bit.ly/1wUnDJx http://1.usa.gov/1vthfJZ

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