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

Creepy noises will send a chill down the spine of your bed partner. Sleep apnea sounds you could hear 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.

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.

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.

ABOUT 30-40% OF PEOPLE WITH HIGH BLOOD PRESSURE HAVE SLEEP APNEA.

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

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.