Sleep Apnea Hurts

Obstructive sleep apnea (OSA) is a chronic disease that involves the repeated collapse of the upper airway during sleep. Sleep apnea puts an enormous strain on your heart, repeatedly causing oxygen levels to drop and blood pressure to surge as you sleep.

Unhealthy sleep can:

- Increase your risk of heart failure
- Increase your risk of atrial fibrillation
- Increase your risk of developing type 2 diabetes
- Increase your risk of developing stroke

**Warning Signs**

Common warning signs for sleep apnea include:

- Snoring
- Sleep breathing pauses
- Gasping or choking
- Daytime sleepiness or fatigue

**Risk Factors**

Factors that increase your risk of having sleep apnea include:

- Obesity (BMI of 30+)
- Narrow airway
- Large neck, tongue or tonsils
- Recessed jaw

Visit projecthealthysleep.org to learn how you can guard your heart and avoid being SnoredToDeath.

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