



## Benefit from a healthy night's sleep!

Do you snore? Or wake up still feeling tired? You could have sleep apnea – a disorder that causes breathing problems that can sound like snoring or gasping during sleep.

Know that sleep apnea is more than just a snore – it affects your whole body health, showing up as:

- Slower reaction time
- Reduced sexual drive
- Daytime sleepiness and fatigue
- Increased risk of diabetes
- Negative impact on heart health
- Depression and anxiety



**Scan this QR Code to see if you or a loved one are at risk for obstructive sleep apnea**

[www.CountOnSleep.org](http://www.CountOnSleep.org)

**Sleep Apnea- it's more than a snore!**