



A refreshing night's sleep is such a gift!

Obstructive sleep apnea is a disorder where people have breathing problems that can sound like snoring, gasping and noisy throat breathing during sleep. While sleep apnea is something that happens during sleep, it has an impact on entire body health – and shows up as:


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

If the issues above are ones you want to avoid, take the time to think about your sleep.

See next steps on the flip side >

Or, use this QR code to find more information about if *You are at risk*, or *What next steps can be taken*.





How to take some next steps about sleep apnea

First, talk with your sleep partner or loved one about symptoms and signs you might have during sleep and while you are awake.

Symptoms while sleeping

- Snoring or noisy breathing
- Pauses in breathing
- Choking or gasping sounds
- Restless sleep
- Insomnia
- Waking frequently to go to the bathroom

Symptoms while awake

- Daytime sleepiness or fatigue
- Morning headaches
- Difficulty focusing or remembering
- Decreased sexual desire
- Irritability or poor mood
- Drowsy driving

After your conversation with your sleep partner or loved one, did you find that you have more symptoms of sleep apnea than you thought?

A next step is to talk with your primary health care provider. Here are some ideas about how to bring up your sleep apnea symptoms at your next appointment.

- Be specific about the types of symptoms that you are experiencing both during sleep and while awake, and how regular it might be
- Share what your sleep partner or loved one has said about what they have noticed in your health patterns
- Ask directly if the provider sees these symptoms as signs of sleep apnea.

Visit [CountOnSleep.org](https://www.CountOnSleep.org) for more resources