

are you getting restful sleep?

the Test

Answer YES or NO to the following eight questions below:

1. Do you snore loudly?
2. Does your bedroom partner complain about your snoring?
3. Does your snoring wake you up at night?
4. Are you overweight?
5. Do you or your bedroom partner notice that you make gasping/choking noises during sleep?
6. Do you have a dry mouth, sore throat or headache in the morning?
7. Do you often fall asleep during the daytime when you want to stay awake?
8. Are you often tired during the day?
9. Do you have high blood pressure?

If you answered YES to all or most of the questions above, you may have sleep apnea.

What is sleep apnea?

It's a cessation of breathing that may take place hundreds of times a night...but you don't realize it.

What can happen to you if you have sleep apnea?

Untreated, sleep apnea can cause debilitating sleepiness, increase your chance of becoming involved in accidents, and complicated health problems including high blood pressure, stroke, heart failure and diabetes.

What should you do if you think you might have sleep apnea?

Talk to your family physician. He or she may recommend that you have a sleep study. If the study reveals that you do have sleep apnea, a variety of treatment options are available.



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