

Stop the SNORE



Pledge now to **Stop the Snore** and take action on sleep apnea. How do you know if you should talk to a doctor? According to the National Healthy Sleep Awareness Project, here are five **warning signs** for sleep apnea:

Snoring

Besides being a nuisance to your bed partner or roommate, loud and frequent snoring is a common symptom of sleep apnea.



Choking or gasping during sleep

When snoring is paired with choking, gasping or silent breathing pauses during sleep, it's a strong indicator of sleep apnea.

Fatigue or daytime sleepiness

Sleep apnea can leave you waking in the morning feeling tired, even after a full night's sleep.



Obesity



An adult with a body mass index (BMI) of 30 or higher is considered to be obese, and the risk of sleep apnea increases with the amount of excess body weight.

High blood pressure

Between 30 and 40 percent of adults with high blood pressure also have sleep apnea, and getting treatment for sleep apnea is a proven means of decreasing blood pressure.



Ready to take action?

Visit stopsnoringpledge.org to pledge to **#StoptheSnore** and find a local sleep specialist.

