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](http://stopsnoringpledge.org) to pledge to #StoptheSnore and find a local sleep specialist.

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