

Think Sleep Apnea is "not" serious?  
Think again!

Obstructive Sleep Apnea causes:

- Cardiac Problems
- High Blood Pressure
- Memory Problems
- Stroke
- Increased traffic & work related accidents

Sleep Apnea can contribute to all of these medical problems

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Do you have a sleep disorder?

- I am tired all the time.
- I don't feel refreshed, even after sleeping all night.
- I wake up with morning headaches.
- I have been told that I snore.
- I'm sleepy during the day.
- I toss and turn a lot in my sleep.
- I stop breathing at night.
- I have trouble falling asleep or staying asleep.
- I am forgetful or have trouble concentrating.
- I have unusual leg movements at night.
- I'm overweight, and have high blood pressure.

If you checked one or more of the statements above, you may have a sleep disorder. You should discuss symptoms with your physician so they can see about scheduling a sleep study.