

BECAUSE I LOVE YOU:

PLEASE ASK YOUR DOCTOR ABOUT SLEEP APNEA

I know we joke about your snoring and how you can fall asleep anytime, anywhere, but the truth is I am worried. I want you to have a long, happy and healthy life.

I worry you may have obstructive sleep apnea.



Symptoms of obstructive sleep apnea include loud or frequent snoring or silent pauses in breathing and choking or gasping sounds, all of which I've noticed you do when you sleep.

Other common symptoms include:

- Waking in the morning feeling unrefreshed
- Being tired during the day
- Morning headaches
- Waking up frequently at night to go to the bathroom
- Difficulty concentrating or remembering things

Obstructive sleep apnea does not just affect your sleep; it is also associated with some pretty scary things like:

- High blood pressure
- Stroke
- Heart disease
- Cancer
- Diabetes
- Depression
- Impaired Cognitive Functioning
- Alzheimer's

THE GOOD NEWS IS THAT OBSTRUCTIVE SLEEP APNEA IS EASY TO DIAGNOSE AND COMPLETELY TREATABLE.

There are lots of options for treatment too. Besides CPAP machines, there are oral appliances. They are created by qualified dentists. They are mouthpieces that fit over the teeth that help you breathe better while sleeping.

Again, I'm only sharing this because **I LOVE YOU**. Please tell your doctor you are worried that you may have sleep apnea and are very concerned about the effects it can have on your health and well-being. It's the first step to a healthier you!