

Are **YOU** at risk for Sleep Apnea?



Normal

**Mild
Risk**

**Moderate
Risk**

**Severe
Risk**

SNORING

Morning Dry Mouth

High Blood Pressure

Teeth Grinding

Heart Disease

Unrefreshed Sleep

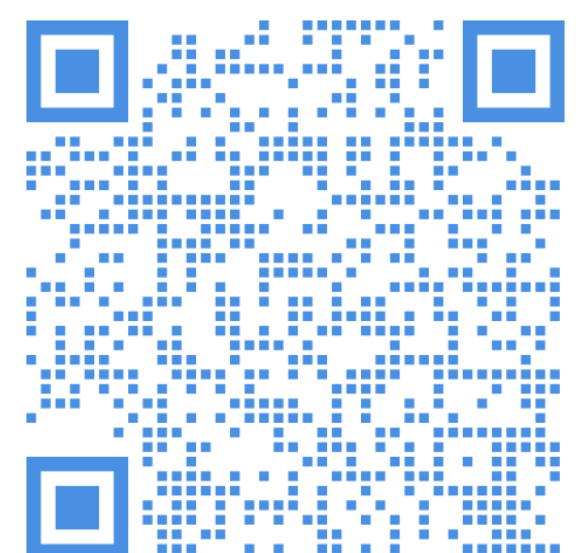
Diabetes

Headaches

Acid Reflex

Depression/Anxiety

If you said Yes to 1 or **more YOU could be at risk**
Scan ME for more INFO!



SLEEP APNEA

AFFECTS YOUR WHOLE BODY

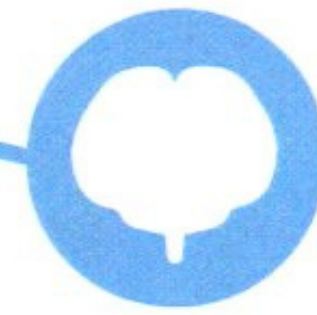
STROKE

Sleep apnea reduces blood flow to the brain and increases pressure, making it difficult for the brain to prevent damaging events like stroke



DEPRESSION & ANXIETY

Sleep apnea may be responsible for failure to respond to the appropriate treatment of depression and anxiety



HYPERTENSION

Sleep Apnea can result in higher blood pressure 24 hours of the day and is known to contribute to the development of secondary hypertension



HEART DISEASE

Sleep apnea puts stress on the blood vessels and heart, increasing heart rate and blood pressure. All of which contribute to the development of heart disease



DIABETES

Sleep apnea creates an unhealthy amount of CO2 in the blood that upsets the balance in the body. This can result in difficulties using insulin



OBESITY

Ghrelin, the hormone that makes you hungry, is higher in those with sleep apnea, resulting in tired and hungry individuals



LIBIDO

Sleep apnea can result in lower levels of testosterone, decreasing libido in men and women



Why Risk It?

Order Your Home Sleep Test Today!