

COULD IT BE SLEEP APNEA?

SNORING AND FATIGUE ARE **NOT** ALWAYS HARMLESS.

Sleep apnea is a common but treatable condition where breathing repeatedly stops and starts during sleep.

MANY PEOPLE
WITH SLEEP APNEA
DON'T EVEN KNOW
THEY HAVE IT.



COMMON SIGNS



Loud
Snoring



Waking Up
Tired



Morning
Headaches



Daytime
Fatigue



Waking to
Urinate



Trouble
Concentrating



RISK FACTORS



High Blood
Pressure



Excess
Weight



Large Neck
Size



Family
History



Diabetes



Menopause
Increases risk
in women



WHY IT MATTERS



Increased Risk
of Stroke



Higher Risk of
Heart Disease



Atrial
Fibrillation



Poor Sleep
Quality



Mood & Memory
Problems



Increased Risk
of Accidents



A SIMPLE HOME SLEEP TEST CAN HELP.

Testing is comfortable, convenient
and often done in your own home.



EASY
Test at
Home



ACCURATE
Trusted
Results



TREATABLE
Better Sleep.
Better Health.

THE
**BREATH
FACTORY**
SLEEP SOLUTIONS

PHYSICIAN-LED. PATIENT FOCUSED. BETTER SLEEP.

TAKE THE NEXT STEP



PHYSICIAN
REFERRAL



SELF
REFERRAL

LEARN MORE
SCAN HERE



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BETTER SLEEP • BETTER BREATHING • BETTER LIFE