

ARE YOU **AT RISK**

FOR OBSTRUCTIVE SLEEP APNEA?

OBSTRUCTIVE SLEEP APNEA (OSA)

is a condition that leads to trouble breathing during sleep. OSA is dangerous. It is important to treat OSA if you have it.

If you have a disruption in your breathing that lasts 10 seconds or more, it can be stressful to your brain and heart.

People who have blockage in their breathing more than 15 times per hour of sleep are at a higher risk of:

- Heart attacks
- Heart failure
- Heart rhythm problems
- Strokes
- Sleepiness that can lead to car crashes

REAL STORIES FROM **REAL PEOPLE**

“

I was worried if I would be able to sleep on the night of the sleep test. I was pleasantly surprised.

PATRICIA J

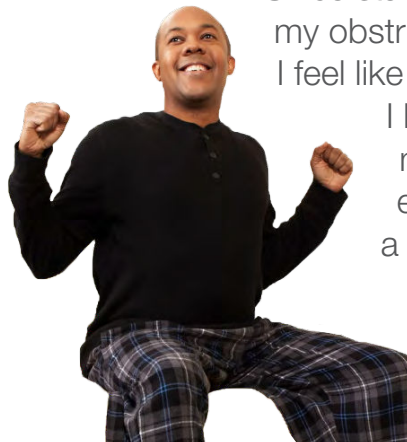


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Since starting treatment for my obstructive sleep apnea, I feel like a new person.

I have energy for my family in the evenings, even after a full day at work.

ADAM Q



“

I'm so glad my doctor asked me about snoring. I was too embarrassed to bring it up myself.

JOAN M



DO YOU HAVE _____ **SYMPTOMS** _____ OF OSA?



DO YOU _____?

- ☐ Snore
- ☐ Stop breathing while sleeping



HAS YOUR SLEEPINESS EVER _____?

- ☐ Resulted in a car crash
- ☐ Led to a near-miss while driving



AT NIGHT, DO YOU:

- ☐ Wake up gasping or choking?
- ☐ Have frequent awakenings?
- ☐ Wake up to go to the bathroom?



DURING THE DAY, DO YOU:

- ☐ Feel sleepy or “doze off” without meaning to?
- ☐ Have headaches in the morning?
- ☐ Have difficulty with memory or concentrating?

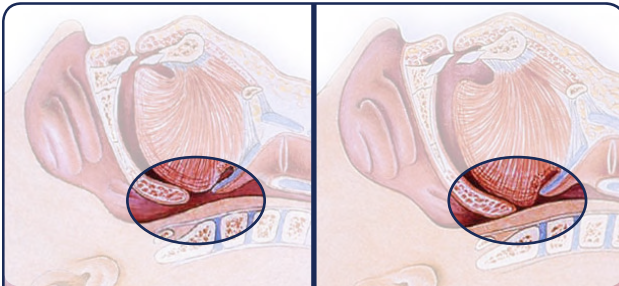
AT RISK CHECKLIST *(Check all that apply)*

- ☐ Overweight or obese
(Body mass index (BMI) > 30)
- ☐ High blood pressure
- ☐ Neck size > 17 inches for men
- ☐ Neck size > 16 inches for women
- ☐ Coronary artery disease or heart attack
- ☐ Atrial fibrillation or other heart rhythm problems
- ☐ Congestive heart failure
- ☐ Type 2 diabetes
- ☐ Stroke
- ☐ Sleepy during the day

NEXT STEPS:

LEARN MORE

ABOUT OSA



WAKEFULNESS

SLEEP

Obstructive sleep apnea is a common, but **SERIOUS MEDICAL CONDITION** that increases your risk of heart attack, stroke, and high blood pressure.

Because you are waking up so much throughout the night, you may feel **TIRED**, even though you have had a full night of sleep. During the day, you may feel **FATIGUED**, have **DIFFICULTY CONCENTRATING** or you may even unintentionally **FALL ASLEEP**.

The lack of oxygen and frequent nighttime awakenings can have **NEGATIVE CONSEQUENCES** for your health.

It is caused by the collapse of the airway in the back of the nose, mouth and throat during sleep. When this happens, you may **SNORE LOUDLY** or make choking noises as you try to breathe.

Air cannot get to your lungs; your brain and body become oxygen deprived which may cause you to **WAKE UP**. This may happen hundreds of times in one night, but typically these events are not remembered in the morning.

If you would like to know more, schedule a complimentary consultation with Dr. Charlie Ruff . It's a great way to explore available options and, if indicated, take a home sleep study.