

# Sleep Apnea

**If you snore loudly and feel tired even after a full night's sleep, you may have sleep apnea.**

Sleep apnea is a serious sleep disorder that causes you to stop breathing during sleep. Untreated sleep apnea may lead to complications such as heart disease, memory problems and excessive daytime sleepiness.

In obstructive sleep apnea, the muscles in the back of the throat collapse and obstruct the airway during sleep.



## Symptoms of Sleep Apnea

- Loud, irregular snoring
- Daytime sleepiness
- Morning headaches
- Weight gain
- High blood pressure
- Obesity
- Getting up during the night to go to the bathroom
- Falling asleep while driving
- Sexual dysfunction
- Loss of energy
- Anxiety or depression
- Trouble sleeping

## Sleep Well. Live Better.

The **Salem Sleep Center** offers specialized diagnosis and screening for a variety of sleep-related disorders to help you get back to a better night's rest.

If you think you might have sleep apnea, talk to your doctor about referring you for a sleep study.

## Salem Sleep Center

**866-520-5646**

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