

What is **SLEEP APNEA?**

It is a common disorder in which your **BREATHING STOPS BRIEFLY DURING SLEEP.**

Pauses last **10-20 seconds** and occur as many as **30+ times/hour.**



Sleep apnea is linked to:

- ✓ High blood pressure
- ✓ Atrial fibrillation
- ✓ Sudden cardiac death
- ✓ Heart failure

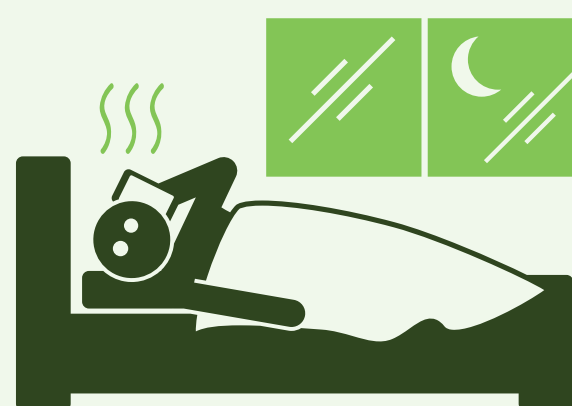
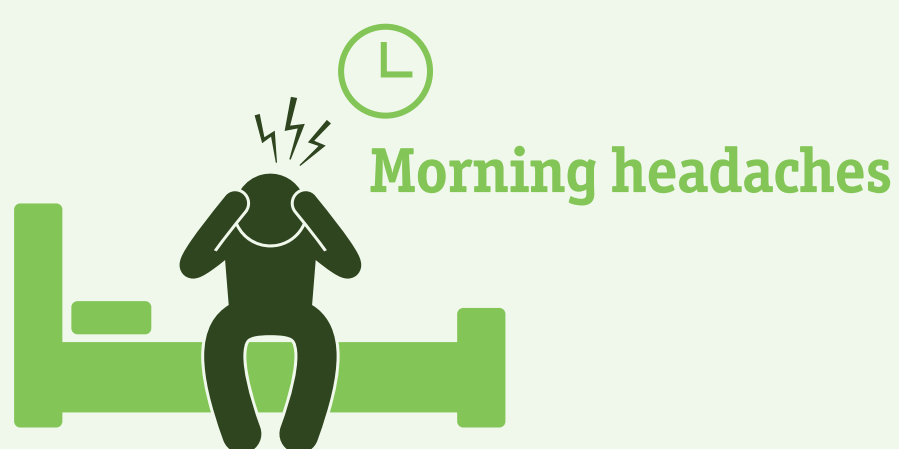
More than
18 MILLION
Americans have it.



KNOW THE SIGNS

MOST COMMON SIGNS:

- ✓ Loud snoring
- ✓ Gasps for breath during sleep
- ✓ Waking up frequently



How to **TREAT** it



For more information, visit [CardioSmart.org/SleepApnea](https://www.cardiosmart.org/SleepApnea)

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