

## 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

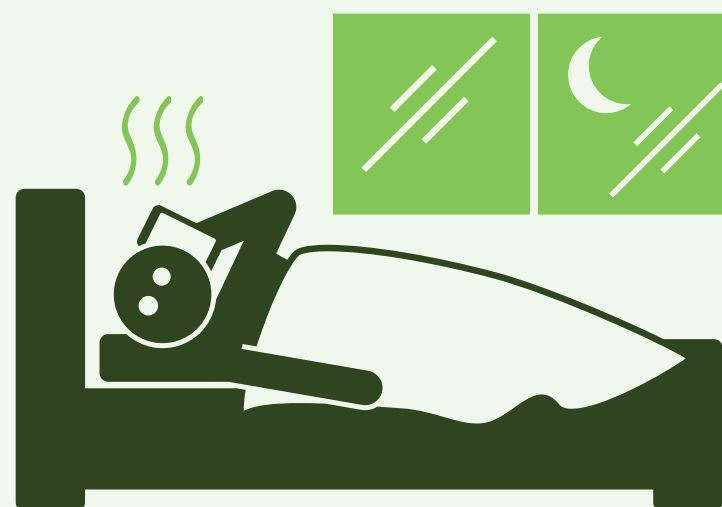
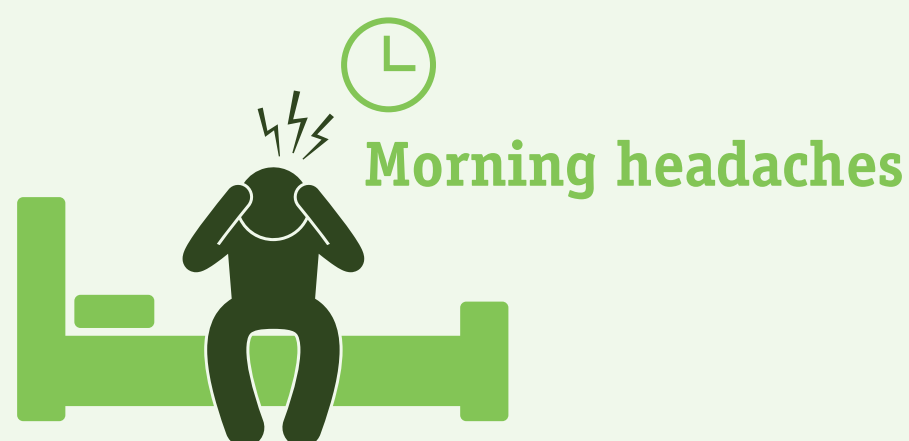
More than  
**18 MILLION**  
Americans have it.



## KNOW THE SIGNS

### MOST COMMON SIGNS:

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



## How to **TREAT** it



### Surgery



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

➡ For more information, visit ***CardioSmart.org/SleepApnea***