

## 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

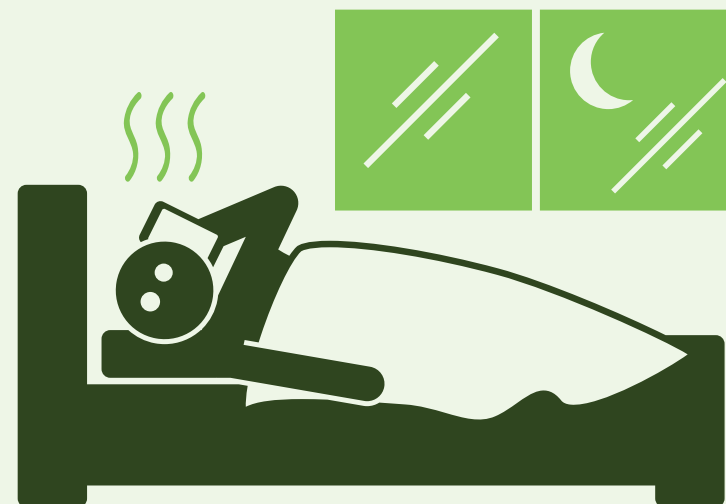
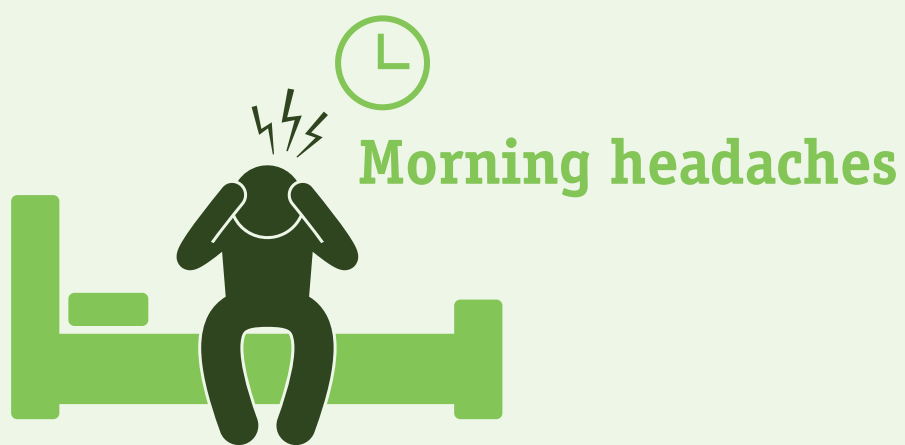
**18 MILLION**  
American adults  
have it.



## KNOW THE SIGNS

### MOST COMMON SIGNS:

- loud snoring
- gasps for breath during sleep
- waking up frequently



## How to **TREAT** it



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

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

If you would like to download or order additional posters on various topics, visit [CardioSmart.org/Posters](https://www.cardiosmart.org/Posters)