

HAUNTED HEALTH



Obstructive sleep apnea can be a **NIGHTMARE** for your health. Is OSA **HAUNTING** your house?

WATCH OUT FOR THESE SCARY SIGNS:



Creepy noises will send a chill down the spine of your bed partner. Sleep apnea makes you sound like a werewolf, with or without a full moon.

WARNING SIGNS

Snoring Gasping Choking



Sleep apnea can make you feel like the "real you" has been taken by body snatchers. You're just not yourself anymore.

WARNING SIGNS

Depression Lack of Motivation

YOU ARE AT LEAST 2x MORE LIKELY TO DEVELOP DEPRESSION IF YOU HAVE SLEEP APNEA.

Sleep apnea turns you into a daytime zombie. You'll feel like a real monster.



Sleep apnea attacks your brain like a mad scientist. It's...getting...hard...to...think.

WARNING SIGNS

Daytime tiredness
Fatigue
Exhaustion
Irritability

WARNING SIGNS

Memory loss
Trouble concentrating
Slow reactions
Morning headaches
Stroke

2x

YOUR ARE 2X MORE LIKELY TO HAVE A STROKE IF YOU HAVE SLEEP APNEA.

30% **40%**

ABOUT 30-40% OF PEOPLE WITH HIGH BLOOD PRESSURE HAVE SLEEP APNEA.

ABOUT 80% OF PEOPLE WITH TREATMENT RESISTANT HIGH BLOOD PRESSURE HAVE OSA.



Sleep apnea wants to suck your blood...pressure. And disrupt your heart rhythm. And give you a heart attack. You'll need more than garlic to stop this vampire.

WARNING SIGNS

Treatment resistant high blood pressure
Coronary artery disease
Congestive heart failure
Atrial fibrillation

ULTIMATELY, SLEEP APNEA WANTS TO KILL YOU. DON'T IGNORE THE WARNING SIGNS!

3x

YOUR RISK OF DEATH IS 3 TIMES HIGHER IF YOU HAVE SEVERE SLEEP APNEA.

5x

YOUR RISK OF CARDIOVASCULAR DEATH IS 5 TIMES HIGHER IF YOU HAVE SEVERE OSA.

TAKE ACTION BEFORE YOUR HEALTH BECOMES A HORROR STORY. INSTEAD OF SCREAMING, TALK TO A DOCTOR.

Stop the **SNORE**

Pledge to "Stop the Snore" and talk to a doctor about sleep apnea.

Go to stopsnoringpledge.org today. It's time for the **NIGHTMARE** to end.



Sources:

Archives of Internal Medicine
International Journal of Cardiology
ChronoPhysiology and Therapy
SLEEP

<http://1.usa.gov/1r1833B>
<http://bit.ly/YUQuRP>
<http://bit.ly/1wUnDJx>
<http://1.usa.gov/1vthfJZ>

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