

# Stop the SNORE



Pledge now to **Stop the Snore** and take action on sleep apnea. How do you know if you should talk to a doctor? According to the National Healthy Sleep Awareness Project, here are five **warning signs** for sleep apnea:

## Snoring

Besides being a nuisance to your bed partner or roommate, loud and frequent snoring is a common symptom of sleep apnea.



## Choking or gasping during sleep

When snoring is paired with choking, gasping or silent breathing pauses during sleep, it's a strong indicator of sleep apnea.

## Fatigue or daytime sleepiness

Sleep apnea can leave you waking in the morning feeling tired, even after a full night's sleep.



## Obesity



An adult with a body mass index (BMI) of 30 or higher is considered to be obese, and the risk of sleep apnea increases with the amount of excess body weight.

## High blood pressure

Between 30 and 40 percent of adults with high blood pressure also have sleep apnea, and getting treatment for sleep apnea is a proven means of decreasing blood pressure.



## Ready to take action?

Visit [stopsnoringpledge.org](https://stopsnoringpledge.org) to pledge to **#StoptheSnore** and find a local sleep specialist.

