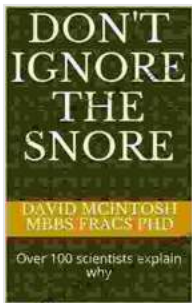


# Don't Ignore the Snore: Uncovering the Hidden Dangers of Sleep Apnea

If you're one of the millions of people who snore, you may not realize that you have a serious condition called sleep apnea. Sleep apnea is a disorder in which breathing repeatedly stops and starts during sleep. This can lead to a number of health problems, including heart disease, stroke, and diabetes.



## don't ignore the snore: Over 100 scientists explain why

★★★★★ 5 out of 5

Language	: English
File size	: 1770 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 144 pages
Lending	: Enabled



The symptoms of sleep apnea can be subtle and easy to miss. You may not even realize that you're not breathing properly at night. However, there are a few signs that you may want to watch out for, including:

- Loud snoring
- Gasping or choking during sleep
- Waking up with a dry mouth or sore throat

- Feeling tired or fatigued during the day
- Difficulty concentrating
- Mood swings or irritability

If you think you may have sleep apnea, it's important to see a doctor right away. Your doctor will be able to diagnose sleep apnea with a sleep study. A sleep study is a test that monitors your breathing and other body functions during sleep.

There are a number of different treatments for sleep apnea, including:

- Continuous positive airway pressure (CPAP) therapy
- Oral appliances
- Surgery

The best treatment for sleep apnea will depend on your individual needs. Your doctor will work with you to find the best treatment option for you.

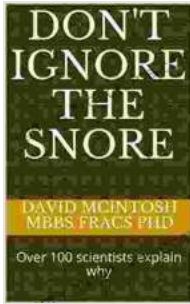
If you're concerned about sleep apnea, don't hesitate to talk to your doctor. Early diagnosis and treatment of sleep apnea can help you to avoid serious health problems.

### **Additional resources**

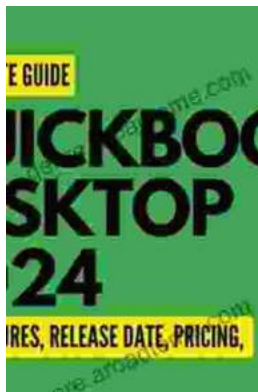
- National Heart, Lung, and Blood Institute
- American Sleep Apnea Association

**don't ignore the snore: Over 100 scientists explain why**

★★★★★ 5 out of 5



Language : English  
File size : 1770 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 144 pages  
Lending : Enabled



## QuickBooks 2024 In Depth: Your Essential Guide to Accounting Mastery

About the Book Are you ready to elevate your accounting skills and unlock the full potential of QuickBooks 2024? Look no further than "QuickBooks 2024 In Depth," the...



## Unlocking the Mysteries of Primitive Economies: A Journey into 'Economics in Primitive Communities'

Prepare to embark on an extraordinary intellectual adventure as we delve into the captivating realm of primitive economics with 'Economics in Primitive...