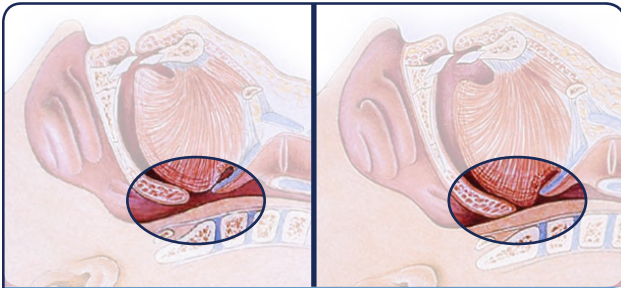


NEXT STEPS:

LEARN MORE

ABOUT OSA



WAKEFULNESS

SLEEP

Obstructive sleep apnea is a common, but **SERIOUS MEDICAL CONDITION** that increases your risk of heart attack, stroke, and high blood pressure.

Because you are waking up so much throughout the night, you may feel **TIRED**, even though you have had a full night of sleep. During the day, you may feel **FATIGUED**, have **DIFFICULTY CONCENTRATING** or you may even unintentionally **FALL ASLEEP**.

The lack of oxygen and frequent nighttime awakenings can have **NEGATIVE CONSEQUENCES** for your health.

It is caused by the collapse of the airway in the back of the nose, mouth and throat during sleep. When this happens, you may **SNORE LOUDLY** or make choking noises as you try to breathe.

Air cannot get to your lungs; your brain and body become oxygen deprived which may cause you to **WAKE UP**. This may happen hundreds of times in one night, but typically these events are not remembered in the morning.

MORE INFORMATION on obstructive sleep apnea and locations of accredited sleep centers near you can be found at www.projecthealthysleep.org.

IF YOU THINK YOU MAY BE AT RISK FOR OSA, SPEAK WITH YOUR PRIMARY CARE PROVIDER OR SEEK OUT A BOARD-CERTIFIED SLEEP MEDICINE PHYSICIAN.

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