

# Sleep Apnea

COMPLETE OR PARTIAL PAUSES IN BREATHING

Are you a loud and/or a regular snorer?

Are you often tired or fatigued during the day?

Do you have history of hypertension or high blood pressure?

**If you or someone close to you answers "Yes" to any of the above questions, discuss your symptoms with your physician and ask about treatment.**



Presented by:

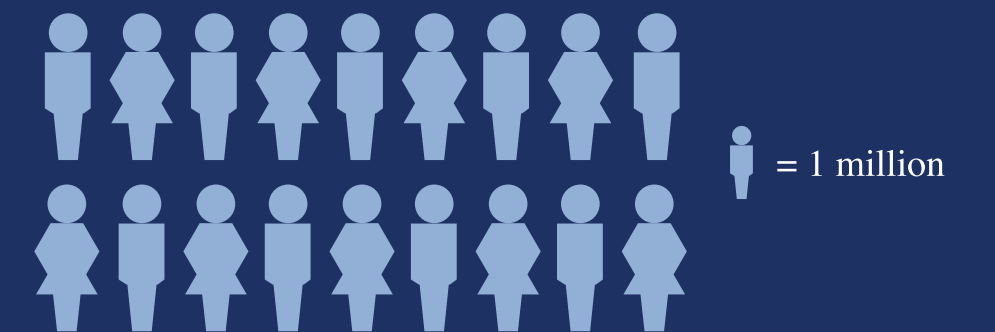


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## Understanding Sleep Apnea

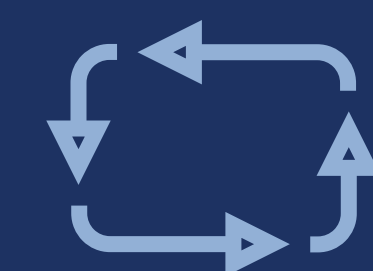


Sleep Apnea affects up to **18 million** Americans



People who suffer from Sleep Apnea lose an average of **1 hour** of sleep each night

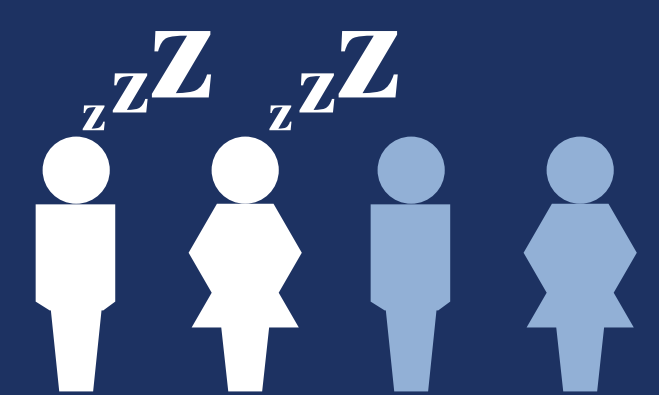
Pauses usually last between **20** and **30** seconds



People with Sleep Apnea may stop breathing up to **400** times in a night



People with Sleep Apnea are **FOUR TIMES** more likely to suffer a stroke



**50%** of those with Sleep Apnea snore heavily

## Dangers of Sleep Apnea



In any given year,

**60%** of Americans have driven while feeling sleepy,



while **37%** admit to actually falling asleep at the wheel



## Risk Factors For Sleep Apnea

**Obesity** 70% have Sleep Apnea



**Smokers** Three times as likely to have Sleep Apnea



**High Blood Pressure** 30% have Sleep Apnea



**Male Gender** Three to one ratio

