

Lack Of Sleep Getting You Down?

(NAPSA)—Do you wake up in the morning feeling fatigued after what seemed like a full night's sleep? Does your bed partner complain about your snoring? If so, chances are you may be living with a condition called sleep apnea.

Sleep apnea is a common disorder that causes people to stop breathing while they sleep. Nearly 42 million Americans are living with the condition, yet at least 75 percent of the most severe cases remain undiagnosed. Untreated sleep apnea can lead to a multitude of other health issues such as diabetes, high blood pressure, heart disease and obesity.



Sleep apnea is a common disorder that causes people to stop breathing while they sleep.

Think you may be at risk? Take the “sleep apnea quiz” and find out:

- Do you wake up in the middle of the night choking or gasping for air?

- Do you find it hard to stay awake when you're sitting quietly (for example, when you're in a meeting at work or stopped at traffic lights)?

- Do you have the energy to do things you want to do?

- Do/did your parents or grandparents snore?

- Are you depressed?

- Do you have high blood pressure, diabetes or heart disease?

If you can answer “yes” to two or more of these questions, you may be at risk for sleep apnea. A diagnosis of sleep apnea can sound worrisome, yet with support and education, you can be on your way to a better night's sleep and a healthier life. Wake Up to Sleep, a comprehensive patient support community, is here to help you on your journey from diagnosis to successful treatment. Visit www.wuts.org/FYI for more information.