

# Obstructive Sleep Apnea: You can live with it!

## Signs and Symptoms of Sleep Apnea:

- Snoring
- Waking up a lot at night
- Daytime sleepiness
- Fatigue
- Partners sleeping in different rooms
- Abrupt pauses or stopped breathing at night
- Loss of focus or concentration
- Frequent nighttime urination

## Is it serious? Snoring is kind of funny, right?

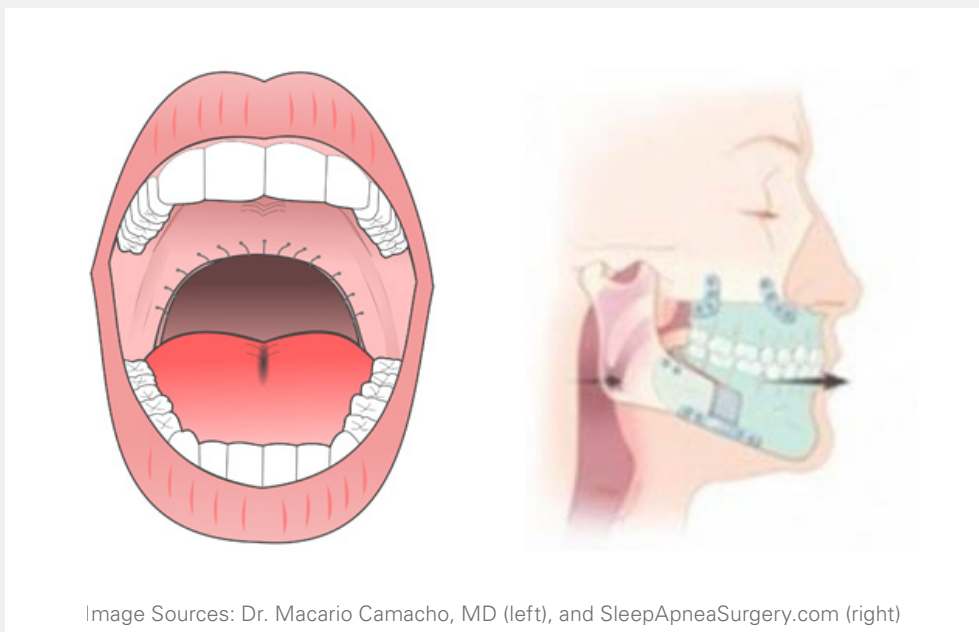
Yes, it is serious, and heavy snoring has been shown to be a contributor to poor cardiovascular health. Sleep Apnea is a progressive disease often first revealed by the presence of snoring, left untreated, depending on severity, OSA can take years off of your life, and reduce your daily quality of life. Morning heart attacks are often associated with OSA.

## You Can Sleep Better Knowing You Have Options:

### PAP Therapy



### Surgical Therapy



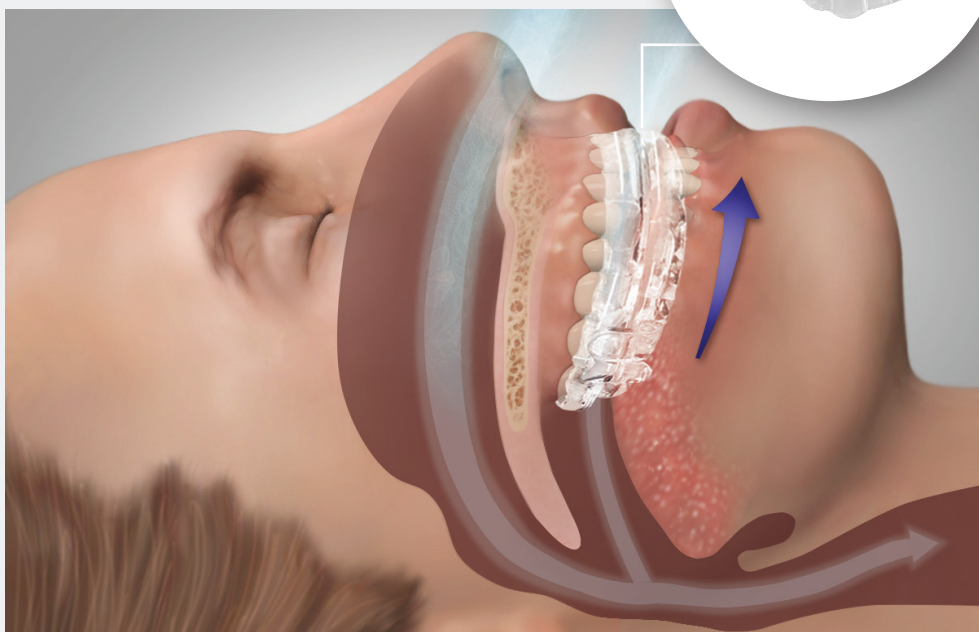
### Weight Management



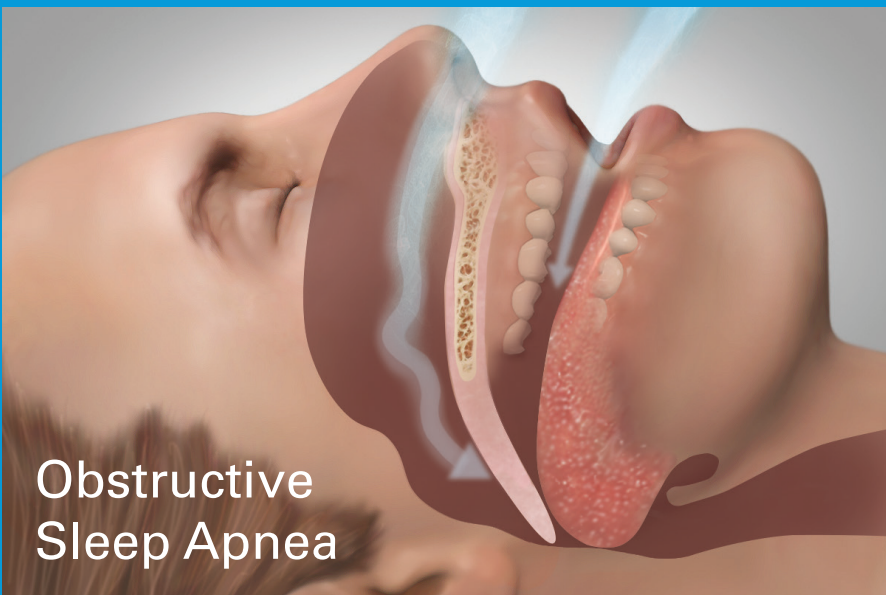
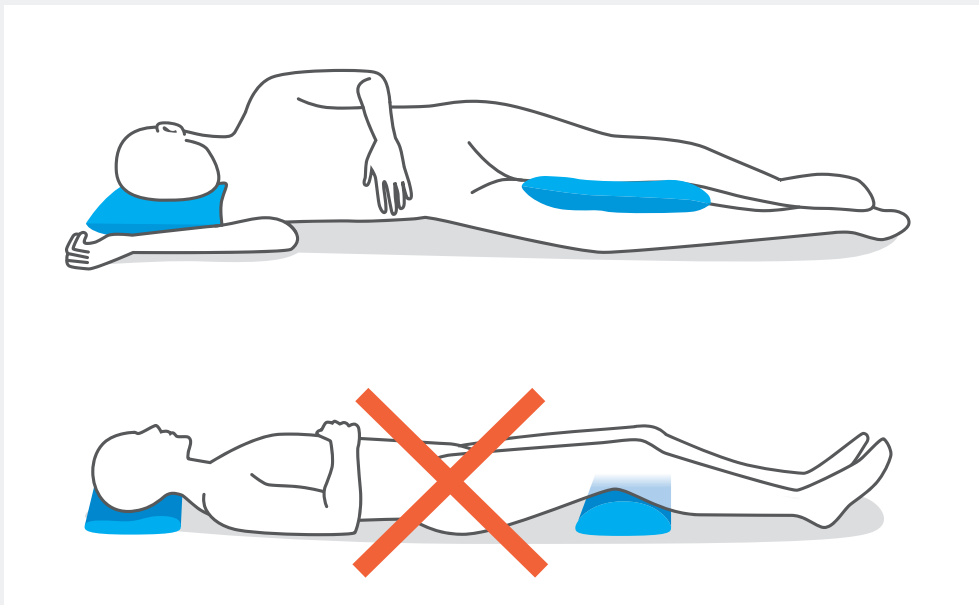
### Sleep Hygiene



### ProSomnus Therapy



### Positional Therapy



### What Causes OSA?

- During sleep when throat and tongue muscles are more relaxed, soft tissue collapses causing partial or complete blockage of the airway.
- Soft tissue can play a factor due to excess weight, large tonsils, or the nature of the anatomy of the airway.
- Snoring is often a key symptom of partial collapse, due to air passing through a narrowed opening causing tissue to vibrate.