

Living Well Tip of the Week

30-60% of people with severe daytime sleepiness have sleep apnea.

Sleep Apnea is a serious medical condition that can increase the risk of high blood pressure, heart attack, & stroke. People with sleep apnea are 3 to 5 times more likely to have car accidents.

Common Signs of Sleep Apnea:

- ✓ Excessive daytime sleepiness
- ✓ Loud snoring
- ✓ Breathing stops momentarily during sleep
- ✓ Morning headaches
- ✓ Avoid too much sugar. When a sweet is desired, choose whole fruit, carrot sticks, yogurt or lowfat reads and crackers instead of sugary snacks.
- ✓ When drinking alcoholic beverages, do so in moderation.



For more information on how to reduce your risk of Sleep Apnea go to <https://www.webmdhealth.com/ut>, and then go to “Health Topics”

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