

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**



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”