



## IS LACK OF SLEEP AFFECTING YOUR LIFE?

According to the American Sleep Foundation, nearly two-thirds of adults in the US have trouble sleeping. Aside from crankiness and fatigue, lack of sleep can take a toll on your overall health and cause frustration, depression and illness.



### Obstructive Sleep Apnea

#### Common Physical Findings

1. Enlarged Uvula
2. Hyperplastic Soft Palate
3. Nasal Congestion
4. Nasal Polyps
5. Enlarged Tonsils
6. Enlarged Tongue
7. Small Lower Jaw
8. Receded Chin
9. Neck Size > 17
10. Overweight & Obese

**ASK ABOUT EFFECTIVE ALTERNATIVES TO THE MUCH DREADED CPAP MACHINE TO TREAT YOUR SNORING & SLEEP APNEA.**

#### Common Signs & Symptoms

1. Snoring
2. Stop Breathing at Night
3. Excessive Daytime Sleepiness
4. Morning Headache
5. Nighttime Gasping
6. Restless Sleep
7. Insomnia
8. Nightmares
9. Irritability
10. Memory Loss
11. Decreased Attention and Concentration
12. Performance Deficiencies
13. Depression
14. Shortness of Breath
15. GERD (Acid Reflux)
16. Impotence
17. Poor Sleep Quality

## SLEEP APNEA

When we understand the influence sleep has on metabolic and hormonal function, it is much easier to realize why sleep needs to be prioritized in our lives.

Symptoms:

- ➔ MEMORY LOSS
- ➔ FATIGUE
- ➔ LOSS OF LIBIDO
- ➔ SLOW METABOLISM
- ➔ WEIGHT GAIN
- ➔ DIABETES
- ➔ GASTRIC REFLUX
- ➔ DEPRESSION
- ➔ HIGH BLOOD PRESSURE