



## Health risks from Sleep Apnea

- Cardiac arrhythmia
- Hypertension
- High cholesterol
- High blood pressure
- 3 times increased risk of Heart attack
- 4 times increased risk of stroke
- Depression
- Emotional strain on your marriage
- Muscle pains, generalized aches
- Fibromyalgia
- Inefficient metabolism
- Weight gain
- Gastric reflux
- 3 times more likely to develop diabetes
- Severe anxiety, panic attacks
- Impaired memory and reduced concentration
- loss of short term memory
- Intellectual deterioration
- Mood swings / temperamental behaviour
- Insomnia
- Increased frequency of urination/ incontinence
- Impotence and reduced sex drive
- Menstrual irregularities
- Severe grinding of teeth and resulting dental damage