

SNORING...



excessive
daytime
sleepiness



insomnia



stroke



lower blood
oxygen levels



cardiac
arrhythmias



headaches

Might be worse than you think



CONSIDER TALKING TO YOUR DOCTOR TO REQUEST AN OVERNIGHT SLEEP STUDY

SNORING...

Might be worse than you think

Source:

Sleep Apnea – Snoring Might be Worse
Than You Think!

<https://sleepanddreams.com/?p=166>