If you or your child snores and are:
• Overweight
• Sleepy during the day
• Finding it hard to concentrate at work or school

You or your child may have obstructive sleep apnea and may be at increased risk for:
• High blood pressure
• Abnormal heart rhythm
• Heart attack
• Learning difficulty
• Stroke
• Behavior problems
• Sudden death

This is because during obstructive sleep apnea the airway is blocked and air carrying oxygen is not delivered to the brain and heart.

Talk with your health care provider if you think that you or your child may have obstructive sleep apnea.

Additional information may be found at the American Thoracic Society website: http://owl.li/Ksao3