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OBSTRUCTIVE SLEEP APNEA (OSA)

OSA is a condition that leads to trouble breathing during sleep. It is dangerous. It is important to treat OSA if you have it.

If you have a disruption in your breathing that lasts 10 seconds or more, it can be stressful to your brain and heart.

People who have blockage in their breathing more than 15 times per hour of sleep are at a higher risk of:

- Heart attacks
- Heart failure
- Heart rhythm problems
- Strokes
- Sleepiness that can lead to car crashes

“I’m so glad Dr. Allar asked me about snoring. I was too embarrassed to bring it up myself.”



Are you
AT RISK
for obstructive
sleep apnea?



Schedule a
Complimentary
Consultation

704.799.3777



Do you have **SYMPTOMS** of OSA?

Do you?

- ☐ Snore
- ☐ Stop breathing while sleeping

Has your Sleepiness ever?

- ☐ Resulted in a car crash
- ☐ Led to a near-miss while driving

At night, do you:

- ☐ Wake up gasping or choking?
- ☐ Have frequent awakenings?
- ☐ Wake up to go to the bathroom?

During the day, do you:

- ☐ Feel sleepy or “doze off” without meaning to?
- ☐ Have headaches in the morning?
- ☐ Have difficulty with memory or concentrating?

AT RISK CHECKLIST (Check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Overweight or obese
(Body mass index (BMI) > 30) | <input type="checkbox"/> Atrial fibrillation or other heart
rhythm problems |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Congestive heart failure |
| <input type="checkbox"/> Neck size > 17 inches for men | <input type="checkbox"/> Type 2 diabetes |
| <input type="checkbox"/> Neck size > 16 inches for women | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Coronary artery disease or heart attack | <input type="checkbox"/> Sleepy during the day |

IF YOU CHECKED SOME OF THESE BOXES, ASK US ABOUT A COMPLIMENTARY CONSULTATION.

704.499.3777



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Is a **SLEEP STUDY** right for you?



Some people are not aware of their snoring or breathing problems because they are asleep when the problems happen.

It's also important to remember that children and young adults, even those who are physically fit, may also have obstructive sleep apnea.

A sleep study is a test to figure out if you have obstructive sleep apnea. There are different types of sleep studies.

During these tests, sensors monitor your breathing and oxygen levels. Ask your doctor if a sleep study is appropriate for you.



TO DO CHECKLIST

- ☐ Make a list of my symptoms
- ☐ Call my doctor to make an appointment
- ☐ Call Allar Orthodontics to make an appointment.

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NEXT STEPS: LEARN MORE about OSA

Obstructive sleep apnea is a common, but **SERIOUS MEDICAL CONDITION** that increases your risk of heart attack, stroke, and high blood pressure.

Because you are waking up so much throughout the night, you may feel **TIRED**, even though you have had a full night of sleep. During the day, you may feel **FATIGUED**, have **DIFFICULTY CONCENTRATING** or you may even unintentionally **FALL ASLEEP**.

IF YOU THINK YOU MAY BE AT RISK FOR OSA,
SPEAK WITH YOUR PRIMARY CARE PROVIDER
AND CALL ALLAR ORTHODONTICS TODAY.

The lack of oxygen and frequent nighttime awakenings can have **NEGATIVE CONSEQUENCES** for your health.

It is caused by the collapse of the airway in the back of the nose, mouth and throat during sleep. When this happens, you may **SNORE LOUDLY** or make choking noises as you try to breathe.

Air cannot get to your lungs; your brain and body become oxygen deprived which may cause you to **WAKE UP**. This may happen hundreds of times in one night, but typically these events are not remembered in the morning.

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