

Should You Get A Sleep Study?

If you snore a lot, wake up gasping for air, or often feel very sleepy during the day, don't tap the snooze button.

Call your healthcare provider. Your symptoms could be from sleep apnea. This sleep disorder can also cause: Dry mouth and headaches after you get up and loud or disruptive snoring.

You may be more likely to have sleep apnea if you: Are older in age; Are overweight; Have a large neck or tonsils; Smoke; Drink alcohol; Or have a family history of the disorder.

Based on your symptoms and your risk for sleep apnea, your provider may advise a sleep study. This test monitors your breathing, brain waves, and other health data while you sleep. It's used to diagnose sleep disorders.

So don't snooze on getting quality sleep. Reach out to your provider today.