

Sleep Apnea: Time to Get Checked

[Host] Sometimes it's hard to know how a sleep problem ... like sleep apnea ... may be affecting your life.

Everyone feels tired ... or cranky ... or just not very alert sometimes.

But when you have sleep apnea, the effects of not getting good sleep ... and not feeling your best ... can build up.

And that can have real consequences in your life ... and on your health.

[Ben] "I'll never forget that day my boss called me in ...

I thought I'd be looking for a new job.

I'd nodded off at the wheel ... almost wrecked on the highway.

And it wasn't the first time.

I'd tried everything ... pulling over to take naps, loading up on coffee and energy drinks.

Nothing helped wake me up ... or get rid of the headaches.

That's what finally drove me to the doctor ... I couldn't afford another close call."

[Carla] "As a nurse, I've worked plenty of late shifts.

But even after I started working days, I was still exhausted at work.

I was in a fog ... it was hard to focus ... some days I could barely keep my eyes open.

My patients started to notice ... and so did my friends.

One day I even fell asleep while we were having lunch.

I was pretty sure that wasn't normal."

[Tony] "My wife was fed up with my snoring ... and the tossing and turning.

And I felt so tired all the time.

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My family ... my kids ... they were sick of me being a grump.

Then one day ... my wife showed me the video she took of me sleeping.

Wow ... talk about a shock.

I'd stop breathing ... gasp for air.

I didn't realize how bad it was."

[Host] Do any of these stories sound familiar?

If so, it may be time to talk to your doctor about a sleep test ...

It's a painless test that checks your breathing and heart rate while you sleep.

A sleep test can help you find out what you can do about your sleep problems ...

so you can get the sleep you need to feel better.