

Sleep Apnea: How Treatment Can Improve Your Life

[Host] You may not realize how sleep apnea is affecting your health ...

and your day-to-day life.

And getting treatment to work for you ...

so you feel better ... can take time.

But most people who try treatment are happy they stayed with it.

[Ben] "That CPAP ... well, it wasn't much fun.

Especially at first.

But man, it made a difference.

I feel rested ... and alert.

I'm making better time and I can trust myself on the road again."

[Carla] "I feel like I can give one hundred percent to my patients now.

And they deserve that.

I feel clear ... awake ...

like everything has come into focus."

"And it's not just my patients who've noticed a difference ...

My friends tell me I seem brighter lately."

[Tony] "People ask me ...

'Is CPAP worth it?' I tell them, 'Just ask my family.' I'm fun to be around again ...

and no more nights on the couch."

"The biggest thing for me was finding out how real sleep feels ... waking up rested.

Mornings are good now ...

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It's like the fog has lifted."

"Part of my treatment was to lose a little weight too ...

which also feels great.

I feel better than I have in a long time."

[Host] So ... what do you think?

How could treatment improve your life?