

Obstructive Sleep Apnea Checklist

Obstructive sleep apnea risk factors:

- excess weight
- large neck size
- age
- pregnant
- congested
- sleep on back
- evening alcohol use
- smoking
- meds (relaxants, sedatives)
- genetics (family history of snoring)
- sex (men more likely than women)
- other medical conditions (hypertension,)

Obstructive sleep apnea symptoms:

- snoring
- gasping, snorting while asleep
- dry mouth, sore throat
- frequent bathroom visits during the night
- headaches
- fatigue
- irritability
- attention, memory issues

Obstructive sleep apnea remedies:

- avoid getting overtired
- avoid alcohol and smoking
- sleep on your side
- elevate your head [more info](#)
- weight loss
- watch your meds
- dietary changes [more info](#)
- mouth and throat exercises [more info](#)
- get diagnosed and treated
- surgery

More Resources:

SleepApnea.org

[What is Sleep Apnea?](#)

[Alternatives to CPAP](#)

[Guide to treating sleep apnea without insurance](#)

[Free or Low Cost Options](#)