

Could you have sleep apnoea?



Snoring
& Gasping



Restless
Sleep



Daytime
Fatigue



Morning
Headaches

Talk to our staff
about taking a
sleep test.



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Daytime signs of sleep apnoea:



Shortness
of Breath



Changes
in Mood



Daytime
Fatigue



Morning
Headaches

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sleep test.



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Are you at risk of sleep apnoea?



High Blood
Pressure



Obesity



Type 2
Diabetes



Smoking

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Nighttime signs of sleep apnoea:



Snoring
& Gasping



Restless
Sleep



Pauses in
Breathing



Night
Sweats

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