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BLOG

3 Sleep Apnea Questions for Your Next Checkup

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Could Sleep Apnea Explain My Tiredness?

- Ask whether your snoring needs a closer look
- Bring up headaches or gasping at night

Do I Need a Sleep Study?

- Ask whether a sleep specialist referral fits
- Ask if keeping a sleep diary would help
- Ask whether blood tests are needed

Which Treatment Fits Me?

- Ask what CPAP side effects to expect
- Ask whether a mouthpiece is an option
- Ask if weight changes could help

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Read the full article

Sleep Apnea: Signs, Sleep Testing and Treatment

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General information, not medical advice. Until you are treated for sleep apnea, do not drive if you feel tired or sleepy. Your provider can tell you what is right for you.