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BLOG

Sleep Medicine and Sleep Apnea: 3 Things to Check

Clues to Mention

- Loud snoring or gasping
- Morning headaches
- Daytime sleepiness

Medicine Safety

- Complex sleep behaviors warning
- Possible next-morning grogginess
- Adds to alcohol and sedatives

Better Sleep Options

- Ask about CBT-I
- Ask about a sleep apnea check
- Plan any medicine change together

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Read the full article

Ambien, Lunesta or Trazodone Long Term? Rule Out Sleep Apnea First

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General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.