

# SNORING...



excessive  
daytime  
sleepiness



insomnia



stroke



lower blood  
oxygen levels



cardiac  
arrhythmias



headaches

*Might be worse than you think*



CONSIDER TALKING TO YOUR DOCTOR TO REQUEST AN OVERNIGHT SLEEP STUDY

# SNORING...

*Might be worse than you think*

Source:

Sleep Apnea – Snoring Might be Worse  
Than You Think!

<https://sleepanddreams.com/?p=166>



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Science-Based Investigation & Management of Fatigue for the Transportation Industry

[www.SleepandDreams.com](http://www.SleepandDreams.com)