

# Take this sleep test to find out if you or your partner are at risk?

Do you regularly feel unrefreshed, even after waking from a full night's sleep?



Do you fall asleep easily during your working hours, while at home or at work?



Are you a loud, habitual snorer?



Has your bed partner witnessed you choking, gasping or holding your breath during sleep?



Do you often suffer from poor concentration or attention, memory loss, irritability, and / or a bad mood?



**If you answer yes for two or more of these questions speak to your healthcare professional as you may be suffering from obstructive sleep apnea (OSA)**

For more information about OSA, visit [www.airohealthcare.com](http://www.airohealthcare.com)  
Email: [admin@airohealthcare.com](mailto:admin@airohealthcare.com)  
Tel: 011 463 0361

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# Waking up exhausted?

Sleep apnea is one of the most common sleep disorders, yet an estimated 80% of cases remain undiagnosed.

-  Loud or frequent snoring / unrefreshing sleep
-  Silent pauses in breathing
-  Choking or gasping sounds
-  Daytime sleepiness or fatigue / decreased sexual desire
-  Insomnia
-  Morning headaches / irritability
-  Nocturia (frequent visits to the bathroom)
-  Difficulty concentrating / memory loss

People with sleep apnea are unaware that it could be an underlying cause of, or worsening of, other health problems such as hypertension.

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