

WHEN SNORING LEADS TO INCREASED HEALTH RISK

The S-NORE-R Cycle

Sleep **NOREpinephrine Release**, also known as your body's "**Fight or Flight Reaction**", happens when your brain senses you are struggling to breathe.

Each time you have a "**Fight or Flight**" Reaction, or a **S-NORE-R Cycle**, the danger to your health significantly increases.



Patients with these conditions often experience multiple S-NORE-Rs during each hour of sleep:

HEART CONDITIONS

High Blood Pressure
Heart Disease
Afib
Coronary Artery Disease
Previous Heart Attack or Stroke

TYPE 2 OR PRE-DIABETES

Pre-Diabetes Diagnosis
increased Need for Insulin for Type 2
Increased A1C

OVERWEIGHT OR OBESE

Inability to lose weight even with lifestyle modification.
Weight Gain with no change in diet or exercise

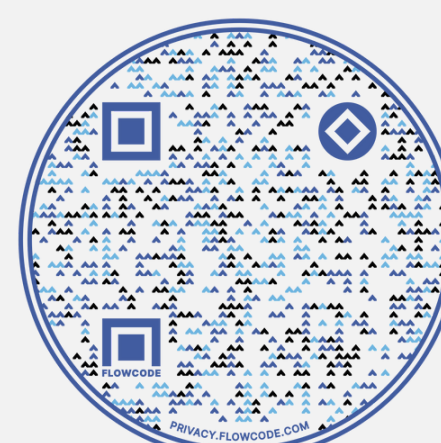
MOOD/COGNITIVE ISSUES

Excessive Daytime Sleepiness
Memory Loss
Increased Depression
Increased Anxiety

If you **SNORE** or have any of these health conditions, ask your doctor about a Sleep Evaluation.



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MORE INFO**