



# DO YOU **SNORE?**

*Snoring puts your health at **risk** by triggering your body's "**Fight or Flight**" Response.*

## **KNOW YOUR RISK**

### **TAKE OUR SLEEP QUIZ**

#### **DO YOU SNORE?**

Snoring is an audible signal that you are struggling to breathe, which causes your brain to trigger the "fight or flight" response.

#### **DO YOU HAVE HIGH BLOOD PRESSURE?**

"Fight or Flight" response to snoring increases your blood pressure, which makes it harder to control your blood pressure.

#### **ARE YOU OVERWEIGHT?**

If you are struggling to lose weight, snoring could be the reason. Cortisol hormones are released when your "fight or flight" response activates.

#### **DO YOU HAVE ANY HEART CONDITION?**

Snoring increases your risk of having a cardiac event, such as coronary artery disease, heart attack, heart failure, Afib, or stroke.

#### **DO YOU HAVE TYPE 2 OR PRE-DIABETES?**

Your "Fight or Flight" Response triggers the release of insulin, which makes your blood sugars more difficult to manage.

#### **DO YOU WAKE UP TIRED OR ANXIOUS?**

If you wake up feeling anxious or feeling like you've not slept at all? Snoring is more than likely to blame.

If you answer **YES** to any of these questions, talk to your Doctor about getting tested for a **Sleep Disorder**.



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