

how do you **SLEEP?**



Approximately one in every five adults have Sleep Disordered Breathing. In Australia, that's more than 4.2 million people. Up to 80% of these are unaware of their condition and remain undiagnosed and untreated. Snoring and sleep apnoea often occur together.

Symptoms that may indicate sleep apnoea:



Night time symptoms:

- Frequent visits to the bathroom at night
- Witnessed pauses in breathing
- Loud persistent snoring
- Choking or gasping for air
- Restless sleep
- Insomnia



Daytime symptoms:

- Dry mouth/throat upon waking
- Morning headache
- Daytime sleepiness
- Poor concentration
- Excessive daytime sleepiness
- Depression

...and if left untreated, may increase the risk of long term consequences:

- High blood pressure
- Heart attack
- Type II diabetes
- Heart failure
- Abnormal heart rhythm
- Stroke

Call Bendigo Sleep Lab for all your sleep and snoring solutions.



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sleep & snoring solutions

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