

Dr. Fred T. Ridge

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Signs That You May Have Sleep Apnea

- Loud snoring
- Wake up with very sore or dry throat
- Morning headaches
- Sleepiness during the day (especially while driving)
- Awakened due to choking or gasping sensation
- Restless sleep
- Forgetfulness
- Mood changes
- Decreased libido
- Recurrent awakenings during the night
- Insomnia
- Wear on teeth from clenching
- Overweight
- Diagnosed with Diabetes
- Diagnosed with high blood pressure
- Stop breathing
- Trouble focusing / attention problems

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Side Effects of Untreated Sleep Apnea

- Stroke
- Anxiety
- Depression
- Arrhythmia
- High blood pressure
- Congestive heart failure
- Type II Diabetes
- Impotence
- Obesity
- Low blood oxygen level
- Liver problems
- Acid reflux / heartburn
- Memory loss
- Heart disease
- Adult asthma
- Irritability
- Weakened immune system
- Tremors
- Aches
- Complications with medications and surgery
- Growth suppression
- Hallucinations
- Dry mouth / sore throat
- Car accidents caused by falling asleep behind the wheel

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Signs That Your Child May Have Sleep Apnea

- Snoring
- Pauses in breaths
- Snorts or gasps
- Heavy breathing while sleeping
- Very restless sleep
- Sleeps in unusual positions
- Bedwetting (when they never have before)
- Sleepy during the day
- Behavioral problems
- Diagnosed with ADHD

Side Effects of Untreated Sleep Apnea

- Hyperactivity
- Stunted growth
- Poor school or athletic performance
- Tired
- Heart problems
- Behavioral problems
- Life threatening