

The Sleep Center at Baylor University Medical Center at Dallas is accredited by the American Academy of Sleep Medicine. The Center is staffed by a board certified sleep physician and registered sleep technologists. The facility is located on the downtown campus. The physician in the sleep center not only evaluates and diagnoses patient's sleep disorders, they institute treatment and follow the patients to better assure a good outcome.



ACCREDITED  
MEMBER CENTER



If you have questions about snoring, sleep apnea, or any other sleep disorder, feel free to contact the Sleep Center at Baylor Dallas at **214.820.3200**  
[BSWHealth.com/Sleep](http://BSWHealth.com/Sleep)

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**SNORING & SLEEP APNEA**



**SLEEP**

*Solutions*

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# [ SNORING & SLEEP APNEA ]

Sleep apnea is caused by upper airway collapse which results in underbreathing or stopping breathing. There are some easy to identify signs and symptoms associated with sleep apnea.

- Do you snore?
- Do you choke or gasp for breath while you sleep?
- Has anyone told you that you stop breathing during sleep?
- Do you feel tired or fatigued after you sleep?
- Have you gained weight during the last five years?
- Have you ever nodded off or fallen asleep while driving a vehicle?

If you answered yes to two or more of these questions, you may suffer from sleep apnea. Additional symptoms include morning headaches, difficulty concentrating, depression, irritability, memory loss and sexual dysfunction.

## EFFECTS OF SLEEP APNEA

Untreated sleep apnea can be dangerous. It can lead to one or more of the following:

- High blood pressure
- Heart attack
- Heart failure
- Irregular heart rhythms
- Stroke
- Increased likelihood of driving or work related accidents
- Poor control of diabetes

The sleepiness associated with sleep apnea can affect the way you feel during the day.

## EFFECTIVE TREATMENT CAN MINIMIZE THE IMPACT OF SLEEP APNEA

*The benefits of effective treatment may include:*

- Increased energy and attentiveness during the day
- Lower blood pressure. Decreased risk of strokes, heart attacks and heart failure.
- Increased effectiveness at home and at work.
- Improved overall quality of life

[BSWHealth.com/Sleep](http://BSWHealth.com/Sleep)

