



Benefits of Treating Sleep Apnea

What are the benefits of treating Sleep Apnea? When left untreated, Sleep Apnea can negatively affect your energy levels, productivity and mental well-being. It can also have long-term, adverse effects on your heart, metabolism and overall health. Sleep Apnea can affect anyone — fit or overweight, old or young, male or female. A few of the common symptoms are:

- Loud snoring
- Lack of energy
- Daytime sleepiness
- Morning headaches
- A partner or family member notices that you stop breathing during sleep

Effective treatment of Sleep Apnea has been shown to help alleviate these symptoms, which can lead directly to a healthier mental outlook and improved well-being. If you think you or someone you know might have Sleep Apnea, it's important that you talk to a doctor or health care professional.

Benefits of Treatment

- Significant reduction in blood pressure
- Lower risk of fatal cardiovascular events
- Better management of diabetes risks
- Reduced daytime sleepiness
- More alert leading to reduced motor vehicle accidents

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