Living Well Tip of the Week
30-60% of people with severe daytime sleepiness have sleep apnea.

Sleep Apnea is a serious medical condition that can increase the risk of high blood pressure, heart attack, & stroke. People with sleep apnea are 3 to 5 times more likely to have car accidents.

Common Signs of Sleep Apnea:

✓ Excessive daytime sleepiness
✓ Loud snoring
✓ Breathing stops momentarily during sleep
✓ Morning headaches
✓ Avoid too much sugar. When a sweet is desired, choose whole fruit, carrot sticks, yogurt or lowfat reads and crackers instead of sugary snacks.
✓ When drinking alcoholic beverages, do so in moderation.

For more information on how to reduce your risk of Sleep Apnea go to https://www.webmdhealth.com/ut, and then go to “Health Topics”

*Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.