

# Do any of these symptoms sound familiar? If so, you may have a sleep disorder.

- Feeling very sleepy during the day
- Trouble falling asleep
- Waking up throughout the night
- Loud snoring, breathing, or gasping noises while you sleep
- Frequent napping
- Falling asleep at inappropriate times
- Relying on caffeine to stay awake during the day
- Irresistible urge to move your legs, or a tingling feeling in the legs, especially at bedtime
- Sleep walking or talking in your sleep



Sleep disorders like obstructive sleep apnea (OSA) and insomnia are common and easy to treat, but most people don't even know they have them. When left untreated, sleep disorders can raise your risk of chronic conditions like heart disease and diabetes.

## **80% of OSA cases and 33% of insomnia cases go undiagnosed**

SleepCharge helps simplify the sleep care process. With SleepCharge, you can take an at-home sleep test, meet with a Board-certified sleep doctor, and begin your personalized treatment plan – all from the comfort of your own home.

Ready to transform your sleep and your overall health?

Schedule your teleconsult today.

[www.sleepcharge.com/dahmes](http://www.sleepcharge.com/dahmes)

