

SLEEP APNEA AFFECTS YOUR WHOLE BODY

STROKE

Sleep apnea can damage your blood vessels, causing them to burst or clog.

LOSS OF VISION

Sleep apnea can ultimately lead to vision loss through retinopathy or glaucoma.

KIDNEY DISEASE

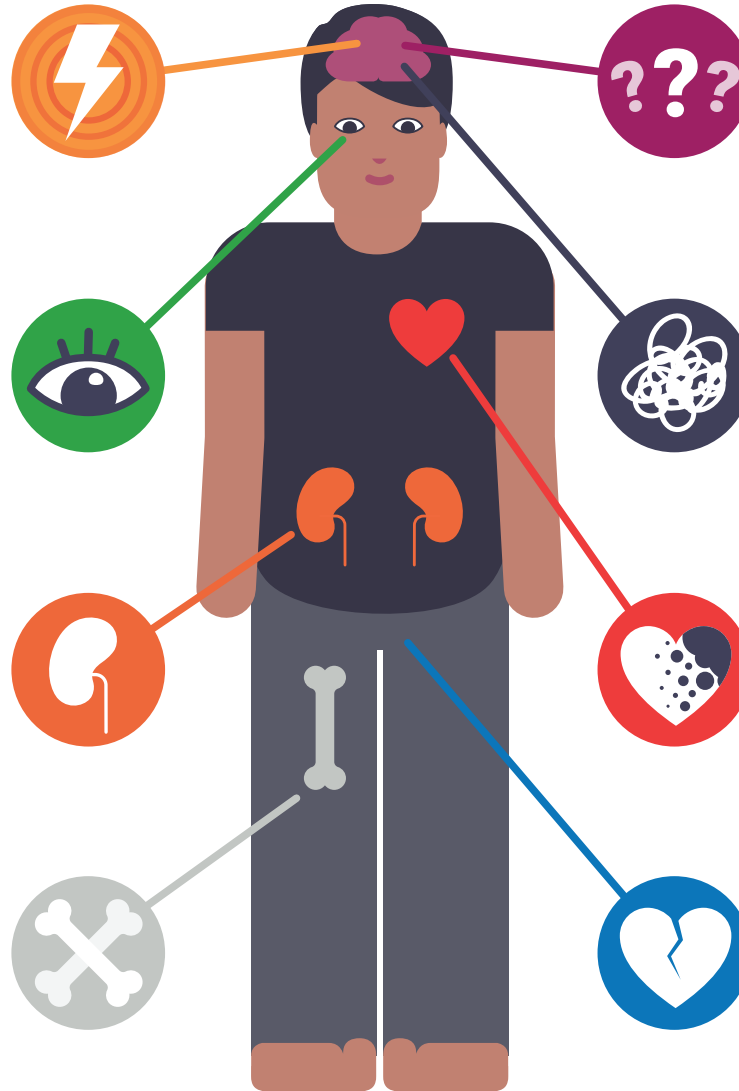
The kidneys are blood filters, and sleep apnea can damage or clog them.

BONE LOSS

Sleep apnea can lead to more calcium elimination from your body, reducing bone density.

WEIGHT GAIN

Sleep apnea can lead to weight gain.



DEMENTIA

Lack of oxygen caused by sleep apnea has been linked to memory decline and dementia.

DEPRESSION & ANXIETY

Sleep apnea can lead to mood disorders, like depression.

HEART DISEASE

Sleep apnea stresses the heart, increasing the risk of heart failure and heart pain (angina).

SEXUAL PROBLEMS

Sleep apnea can lead to erectile dysfunction and decreased libido.