

## Quality of Life



Night after night of improper sleep and breathing takes its toll on our quality of life and may include the following:

- Always being tired, no energy
- Feeling of depression
- Easily irritated
- Falling asleep at inappropriate times
- Difficulty concentrating
- Forgetfulness
- Wake up with headache
- Others are frustrated
- Decreased sex drive

Unfortunately, snoring and obstructive sleep apnea doesn't only affect the person with the problem. Anyone who has slept with a person who snores knows it can disrupt his or her sleep as well. This second-hand snoring can cause the bed-partner to suffer the same daytime sleepiness problems that their snoring partner experiences which may lead to marital discord and adverse health consequences.

Courtesy of:

Nancy Addy, DDS • Dental Sleep Options - Snoring and Sleep Apnea Dental Treatment Center of Kansas  
City • 11100 Ash St. • Suite 204 • Leawood, KS 66211  
Phone: 913-232-2671 • Fax: 913-491-1844  
Web: <http://nancyaddydds.snoringisntsexy.com> • Email: [naddy@kc.rr.com](mailto:naddy@kc.rr.com)