

## 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:

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