

DO YOU SNORE? ARE YOU TIRED?

Snoring can be an embarrassing and an irritating noise. It is also a loud sign that you are damaging your health.

Snoring is often linked to obstructive sleep apnoea, a condition where your breathing stops during sleep, disrupting oxygen levels and sleep quality. This often causes the sufferer to feel lethargic during the day and can cause serious long-term health consequences such as, a heart attack or a stroke.

Not to mention the impact it can have on relationships.

Successful medical treatments are available.
Ask your doctor for a referral today!



QUEENSLAND REGIONAL SLEEP CLINIC

For help or more information call 1300 982 549
or visit queenslandregionalsleepclinic.com.au

COULD YOU HAVE OBSTRUCTIVE SLEEP APNOEA?

Tick each Box that applies to you:

- Snoring
- High blood pressure
- Daytime tiredness/fatigue
- Type II Diabetes
- Insomnia
- Weight gain
- Reflux/heartburn
- Waking with a blocked nose
- Waking with a sore throat
- Waking unrefreshed/tired
- Waking with a headache/hangover feeling
- Poor memory/concentration
- Depression
- Nervousness/anxiety
- Irritability/mood swings
- Loss of libido/impotence

If you snore or have ticked any of the above,
ask your doctor for a referral to benefit
you and your family.



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