

Symptoms of Sleep Apnea Chart

Obstructive Sleep Apnea (OSA)

Symptoms & Risk Factors

Impaired Cognitive Functioning

Excessive daytime sleepiness
Difficulty concentrating
Fatigue/tiredness
Frequent nighttime awakenings
Morning headaches
Impaired memory
Slowing reactions

Cardiovascular

Angina (Chest Pain)
Atherosclerosis (Clogged Arteries)
Atrial Fibrillation (AFib)
Congestive Heart Failure (CHF)
Coronary Artery Disease (CAD)
Drug-Resistant Hypertension (DRH)
Hypertension (HTN)
Stroke (CVA)

Altered Blood Composition

Increased or High Levels of CO2
Increased or Low O2 Levels in Blood

Sympathetic Response (HR)

Increased Heart Pressure
Increased Cardiac Output
Tachycardia (Fast Heart Rate)

Type 2 Diabetes (DM2)

Insulin Resistance
Fatty Liver Disease

Narcolepsy

Frequent Excessive Episodes of Sleep

Strabismic

Advanced Glaucoma

Severe Sleep Apnea

Excessive Nocturnal Sweating

Crowded Oropharynx

Macroglossia (Enlarged Tongue)
Nasal Obstruction

Low Cholesterol Levels

Cholesterol Plaques & Resulting
Stiff Blood Vessels Resulting
in Atherosclerosis

Negative BMI Ratio

Large Neck Circumference

Men: 17" - 18" or more
Women: 15" - 16" or more

Overweight/Obese

Men: 30-35 - 39.99 BMI
Women: 30-35 - 39.99 BMI

Facial & Skull/Jaw Posture

High Rates of Obstructive
Sleep Apnea
Malocclusion (Misaligned
Jaw)

Enlarged Adenoids

Genetic Defect/Infection
Increased Risk of OSA/CPAP

Enlarged Tonsils

Excessively Enlarged Tonsils
Resulting in Obstructive Sleep Apnea
Especially in Children

OSA Prevalence

1 in 5 Adults
25% of 30-69 Year Old Males
38% of 30-69 Year Old Females
38% of Commercial Drivers

Increased Risk of Traffic Accidents (2-10%)