

Mission In Motion

Health & Wellness Weekly Bulletin

May 2012—Sleep



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When a family member has sleep apnea

Many times people with sleep apnea don't know they have it. Unlike you, your family member may not hear the loud snoring or gasps for air—you're probably the first one to notice the signs of sleep apnea. Here's how you can help:

- Let your loved one know if he or she snores loudly or breathing stops and starts while sleeping.
- Encourage your family member to get help from a doctor.
- Do what you can to assist with following the doctor's treatment plan.
- Provide ongoing emotional support.

Source: National Health, Lung and Blood Institute

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