



Health and Wellness Tip of the Week - Week 20

Monthly Topic

Focus on the importance of sleep during *Better Sleep Month* in May.



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May 19, 2014

Give the Nod to Better Sleep

Do you feel sleepy and often nod off during the day? You may have obstructive sleep apnea, a sleep disorder that disturbs your breathing and often causes loud snoring. Being male, weighing too much or having a small airway raises your chances of having this problem.

Sleep apnea can cause:

- Problems at work
- Accidents on the job
- Car accidents
- Mood and behavior changes
- Health problems, such as heart disease and stroke

Talk to your doctor if you have signs of this condition.

Sources: National Institutes of Health; National Heart, Blood and Lung Institute