



BETTER SLEEP, BETTER HEALTH: UNDERSTANDING SLEEP APNEA

What is Sleep Apnea?

Sleep apnea happens when your breathing slows down or stops for short times while you sleep. This can make you feel tired during the day and raise your risk of health problems like high blood pressure and heart disease. It can be mild, with only a few pauses each hour, or more serious, with many pauses.

What are the types of Sleep Apnea?

- **Obstructive sleep apnea:** This is the most common type. It occurs when the throat or tongue relaxes during sleep and blocks the airway.
- **Central sleep apnea:** The brain doesn't send the right signals to keep you breathing.
- **Complex sleep apnea:** A combination of both types.

What are common symptoms?

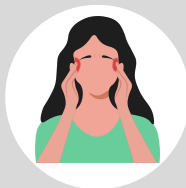
Common symptoms include:



Feeling very sleepy
during the day



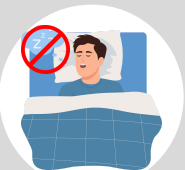
Not feeling rested
after a night's sleep



Waking up with a
headache

A bed partner
might notice the
following:

1)



During sleep, you
stop breathing

2)



Snore loudly, gasp
or choke

HOW OUR PHARMACY CAN HELP

Our trained staff can help with your sleep apnea needs. We can:

- Review your sleep study results and guide you on next steps
- Let you trial a CPAP mask for 5-7 days to find the right fit
- Measure and fit masks for comfort
- Order accessories for many mask types
- Explain warranty and exchange options (90-day manufacturer warranty, one time 30-day exchange)
- Show you how to properly fit your mask
- Provide a receipt you can use to submit for insurance coverage

We make it easy to find the right mask and get comfortable sleep!

For more info, visit
us at:

10-1321 Dawson Rd,
Lorette, MB



Brought to you by your local
Pharmacy Student,
Allanah Climaco



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