



# Sleep Apnea

**Sleep Apnea Is Common Among Veterans. *Learn More.***

Sleep apnea is a common sleep condition among Veterans. It causes one or more pauses in breathing, or shallow breaths, while you sleep. Left untreated, sleep apnea is a serious health condition that can increase your risk for high blood pressure, heart disease, stroke, diabetes, and even depression. The **Sleep Apnea** page on VA's **Path to Better Sleep** website can help you learn more.

## WHAT WILL I FIND?



The **Sleep Apnea** page offers short videos and downloadable fact sheets that offer information about sleep apnea and how to successfully treat it.

If you aren't sure if you have sleep apnea, the page includes links + additional **Path to Better Sleep** resources that explain other types of sleep problems.

## WHAT WILL I LEARN?

- Common signs and symptoms of sleep apnea
- What it's like to be tested for sleep apnea
- What types of treatments are available
- Positive Airway Pressure (PAP) machines and how they work

## TALK TO YOUR DOCTOR

The **Sleep Apnea** resources on the **Path to Better Sleep** website are not intended to replace a diagnosis from a health care professional. Talk to your doctor about your symptoms and the next steps you should take.



**Visit Today!**  
**[www.VeteranTraining.va.gov/SleepApnea](http://www.VeteranTraining.va.gov/SleepApnea)**



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of Veterans Affairs