

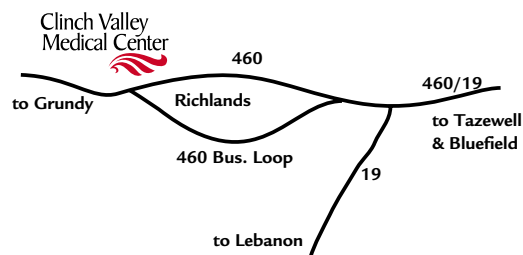
“Help! I’m in love with a snorer.”

Trying to get a good night’s sleep when you live with a snorer is hard on everyone – including the person making all the noise. But did you know it’s far more than an annoyance? There may be an underlying medical problem threatening your snorer’s health. This short quiz may help you decide if the snoring in your household is caused by sleep apnea:

What is your Snore Score?

- Do you snore loudly and often, disturbing your sleeping partner?
- Do you feel especially tired and groggy when you wake up?
- Are you often sleepy or very tired during the day?
- Are you overweight?
- Have you ever been told you choke, gasp for air or hold your breath while you sleep?

If you answered yes to **any** of these questions, please talk with your doctor. By working with the Sleep Studies Service of Clinch Valley Medical Center, your doctor can identify apnea and other sleep disorders that are keeping you from a healthy, rested and productive life.



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Sleep Studies Service

(What's your Snore Score?)

Clinch Valley
Medical Center

Sleep & Your Health



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Sleep Apnea

Narcolepsy

Insomnia

This syndrome is marked by periodic limb twitches or movements that may wake you up or keep you from falling asleep. You may have Restless Leg Syndrome if you:

- ¥ Have muscle pain, tension or a creeping sensation in your legs, even when you're relaxed
- ¥ Kick your legs while asleep
- ¥ Have difficulty falling asleep
- ¥ Experience daytime sleepiness

Getting Help

Call to find out more