

SLEEP DISORDERS CAN DISRUPT WHAT SHOULD BE QUALITY TIME TO REGENERATE AND RECHARGE

Symptoms of a sleep disorder may include:

- Have problems falling asleep or staying asleep
- Sleep restlessly
- Snore Loudly
- Awaken gasping or choking for breath
- Feel tired upon awakening in the morning
- Fall asleep while driving
- Have sleep that is disrupted by unusual behaviors such as:
 - ◆ Nightmares
 - ◆ Sleepwalking
 - ◆ Tongue Biting
 - ◆ Kicking

You can have complete sleep diagnostic testing using treatment equipment in the privacy of your home. Ask your physician today or call our office for additional information at 703-481-1505.

**OVER 20 MILLION AMERICANS
SUFFER FROM OBSTRUCTIVE SLEEP APNEA**