

Get on the Road to Better Health

RECOGNIZING THE DANGERS OF SLEEP APNEA



The Federal Motor Carrier Safety Administration estimates that almost one-third of commercial drivers suffer from sleep apnea.

Sleep apnea is a potentially life-threatening sleep disorder that can be treated.

Do you have any of these symptoms?

- Loud snoring
- Gasping or choking while sleeping
- Excessive daytime sleepiness
- Disturbed sleep
- Frequent nighttime urination
- Morning headaches and nausea
- Loss of sex drive/impotence
- Irritability and/or feelings of depression
- Concentration and memory problems

If so, see your doctor or a sleep specialist.

For your family's sake—and your own—don't wait to get on the road to better health!

For more information, go to www.fmcsa.dot.gov/sleep-apnea or www.DrowsyDriving.org



U.S. Department of Transportation
Federal Motor Carrier Safety Administration



NATIONAL SLEEP
FOUNDATION