

Women & Sleep Apnea

Know the signs. Start the conversation.

Sleep apnea in women is often missed. It may look like stress, poor sleep, low energy, menopause, or mood changes. Use this quick guide to recognizing symptoms and talking with your doctor.

Nighttime Signs

- Snoring or snorting
- Gasping, choking, or witnessed pauses in breathing
- Waking often at night
- Difficulty staying asleep
- Heartburn
- Frequent bathroom visits
- Restless sleep, changes in dreaming



Daytime Signs

- Brain fog
- Feeling sleepy
- Fatigued
- Poor focus
- Daytime tiredness
- Morning headaches
- Irritability
- Anxiety or low mood



What puts you at risk for sleep apnea

- Menopause
- Higher body weight
- PCOS
- Hypothyroidism
- High blood pressure
- Diabetes
- History of gestational diabetes
- History of preeclampsia
- Heart rhythm issues
- Family history of sleep apnea

Why it Matters

Untreated sleep apnea can affect your:

- Energy
- Mood
- Memory and focus
- Daily functioning
- Overall health
- Cause chronic health conditions



What to say to your doctor

- "Could sleep apnea be causing these symptoms?"
- "I wake up tired and do not feel rested."
- "Should I be evaluated for sleep apnea?"

If several of these signs sound familiar, bring this handout to your appointment

A simple conversation can be the first step toward better sleep and feeling toward feeling more like yourself again

Visit apneapartners.org for more information