

If snoring is accompanied by any of the following symptoms, it may be an indication to see a doctor for further evaluation for OSA:

- Witnessed breathing pauses during sleep
- Excessive daytime sleepiness
- Difficulty concentrating
- Morning headaches
- Sore throat upon awakening
- Restless sleep
- Gasping or choking at night
- High blood pressure
- Chest pain at night
- Your snoring is so loud it's disrupting your partner's sleep
- In children, poor attention span, behavioral issues or poor performance in school

OSA often is characterized by loud snoring followed by periods of silence when breathing stops or nearly stops. Eventually, this reduction or pause in breathing may signal you to wake up, and you may awaken with a loud snort or gasping sound.

You may sleep lightly due to disrupted sleep. This pattern of breathing pauses may be repeated many times during the night.

People with obstructive sleep apnea usually experience periods when breathing slows or stops at least five times during every hour of sleep.

OSA often is characterized by loud snoring followed by periods of silence when breathing stops or nearly stops. Eventually, this reduction or pause in breathing may signal you to wake up, and you may awaken with a loud snort or gasping sound.

You may sleep lightly due to disrupted sleep. This pattern of breathing pauses may be repeated many times during the night.

People with obstructive sleep apnea usually experience periods when breathing slows or stops at least five times during every hour of sleep.

Reference(s):

1. Mayo Clinic