



*I get  
my 8 hours.*

*So why am  
I still sleepy?*

Daytime sleepiness may be a sign of sleep apnea, a serious disorder in which breathing stops repeatedly during sleep. Untreated, it can lead to high blood pressure, stroke, or heart failure. Other symptoms include loud snoring, choking or gasping during sleep. If you notice these symptoms, please contact our Sleep Disorders Center. For 20 years, the Center has led the way in diagnosing and treating all types of sleep disorders. Accredited by the American Academy of Sleep Medicine, our care meets the highest quality standards.

**Rest assured. Call 860-224-5538.**



**Sleep Disorders Center**

The Hospital of **Central Connecticut**

100 Grand St., New Britain • [www.thocc.org](http://www.thocc.org)