



*Often*  
THE ONE WITH THE PROBLEM  
IS THE LAST TO KNOW.

You know the feeling. You wake up drowsy. You nod off at work. You swear you're going to get to bed earlier tonight. But maybe there's more to it. About 12 million Americans suffer from sleep apnea. Essentially, they snore loudly and/or stop breathing during sleep. An estimated 10 million others remain undiagnosed.

People with sleep apnea often don't even know that they awaken repeatedly, disrupting their sleep and their partner's sleep.

But being sleepy the next day isn't the worst of it. Sleep apnea can cause or contribute to high blood pressure, heart attack, stroke,

congestive heart failure, and/or diabetes – not to mention drowsy driving, potentially causing tragic car accidents.

Fortunately, the Sleep Disorders Center at Ryan Ranch is here to help. We are the only sleep center in the Tri-County area accredited by the American Academy of Sleep Medicine, which means we combine the most state-of-the-art testing with expert physician evaluations. Physicians specializing in sleep disorders will help you understand your symptoms and interpret your results.



Community Hospital of the Monterey Peninsula®  
**SLEEP DISORDERS CENTER**