

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.

Common signs

Nighttime Signs

- Snoring or snorting during sleep
- Waking often at night
- Difficulty falling or staying asleep
- Nighttime 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

You may be at higher risk if you have

- Menopause
- Perimenopause
- Higher body weight
- PCOS
- Hypothyroidism
- High blood pressure

- Diabetes
- Heart rhythm issues
- History of gestational diabetes
- History of preeclampsia
- A 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?"

Next step

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 more like yourself again.