

Are you **SLEEPY** all day?

Do you **SNORE** loudly when you sleep?

Do you **STOP BREATHING**, in your sleep, as noticed by a loved one?

**YES?** All these symptoms are linked to **obstructive sleep apnoea (OSA)**

OSA is easy to treat, and treatment can hugely improve your health and the quality of your life.

To find out more about OSA or to take our sleepiness test:  
[www.blf.org.uk/osa](http://www.blf.org.uk/osa)

Leading the fight against lung disease

[www.blf.org.uk](http://www.blf.org.uk)

The British Lung Foundation is a registered charity in England and Wales (326730) and in Scotland (SC038415)



**British  
Lung  
Foundation**



If you're worried you may have OSA or a lung condition give the Helpline team a call on  
**03000 030 555**