



# Sleep Apnea - Symptoms & Risk Factors

## Symptoms

The most common symptom of sleep apnea is **snoring**. However, not everyone who snores has sleep apnea. Snoring is likely to be a sign of sleep apnea when it is followed by silent breathing pauses and choking or gasping sounds.

People with sleep apnea often have daytime sleepiness or fatigue.

Common symptoms of sleep apnea include:

- Loud or frequent snoring
- Silent pauses in breathing
- Choking or gasping sounds
- Daytime sleepiness or fatigue
- Unrefreshing sleep
- Insomnia
- Morning headaches
- Nocturia (waking during the night to go to the bathroom)
- Difficulty concentrating
- Memory loss
- Decreased sexual desire
- Irritability

## Risk Factors

The major risk factor for sleep apnea is excess body weight. You are much more likely to have sleep apnea if you are overweight or obese. However, sleep apnea can occur in slim people too. Common risk factors for sleep apnea include:

- **Excess weight** – Your risk for sleep apnea is higher if you are overweight with a body mass index (BMI) of 25 or more or obese with a BMI of 30 or higher.





*Updated June 22, 2016*

« return to [Overview & Facts](#) | continue to [Self-Tests](#) »