At the end of the day, a good night's sleep

Manila Bulletin · 26 Apr 2022 · B-9

There's a misconception that snoring loudly at night means one is having a relaxing sleep. According to medical experts, snoring might be a sign of a medical condition you need to address. Snoring is often associated with a sleep disorder called Obstrucmedical tive Sleep Apnea (OSA), which increases the risk for serious health problems such as diabetes, hypertension, stroke, heart attack, and obesity. It can also cause morning headaches, memory loss, mood changes, and poor concentration during the day.


At the end of the day, a go

There's a miscon- ception that snor- ing loudly at night means one is hav- ing a relaxing sleep. Ac- cording to medical experts, snoring might be a sign of a medical condition you need to address.

Snoring is often as- sociated with a sleep disorder called Obstruc-

tive Sleep Apne creases the risk problems such tension, stroke, obesity. It can headaches, me changes, and during the day.

The good n remedies to Like many he lifestyle interv

The good news is, there are remedies to reduce snoring. Like many health conditions, lifestyle interventions can make a big difference but often take a long time and involve a lot of patience. Fortunately, there are also several
treatments available to fix such sleep disorders.

At St. Luke's Medical Center, patients who complain of snoring may consult with a sleep specialist, who can refer them to avail of the Home Sleep Apnea Test (HSAT) promo if needed. With the promo, patients can have a portable sleep device delivered to their doorstep and receive quality diagnostics from St' Luke's sleep doctors.

The HSAT is a convenient and cost-effective method to diagnose sleep apnea and a step closer to getting a better sleep.

The HSAT device monitors your breathing patterns when you are asleep, which helps diagnose OSA and identify the best treatment plan for your snoring issues.

The package includes a diagnostic test, delivery of the HSAT, personal

At the end of the day, nothing revitalizes us like a good night's sleep to help us prepare for what tomorrow has in store.

Call +63 2 8723-0101 loc. 5559/4729 (SLMC-Quezon City) or +63 2 87897700 loc. 2009 (SLMC-Global City).