

# WHARTON SLEEP CENTER



## **If you're the bed partner of someone who snores, a good night's sleep may be in your future . . . and his!**

Although people who snore are often the target of many bad jokes and the occasional victims of middle-of-the-night elbow thrusts, snoring is no laughing matter. Loud snoring may be a signal that something is seriously wrong with breathing during sleep.

Snoring indicates that the airway is not fully open, and the noise of snoring comes from the efforts to force air through a narrowed passageway. For an estimated five in 100 people -- typically overweight, middle-age men -- extremely loud snoring is the first indication of a potentially life-threatening sleep disorder called Sleep Apnea.

We recognize that for the victims of disordered sleep, the night is a source of anguish, not rest. As a result, a full range of diagnostic and treatment services for all types of sleep disorders is conveniently available at South Texas Medical Clinics.

***If you suspect that you or someone you love has a sleep disorder, speak with your physician about the need for a sleep study!***



**Wharton Sleep Center**  
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*Not affiliated with Gulf Coast Medical Center*