I snore. Does this mean I have sleep apnea?

November 21, 2017 By Lucinda K. Porter RN

Not necessarily. Although people with sleep apnea snore, only about half of those who snore have sleep apnea. Here are some symptoms of sleep apnea:

- You may stop breathing and gasp for air while you sleep. You probably won't know you are doing this unless someone tells you about this.
- It's hard staying awake during the day. Nodding off while driving is a red flag that you aren't getting enough sleep.
- You have headaches in the morning.
- Your memory isn't what it used to be and it's difficult to concentrate.
- You wake up frequently to urinate.
- When you wake up, your mouth is dry or you have a sore throat.

Sleep apnea is a potentially serious disorder that can raise your risk for high blood pressure, stroke, heart problems, obesity and diabetes. Talk to your health care provider if you have any of these symptoms.

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