The actual symptoms of sleep apnea when it’s occurring are:

- Very loud snoring
- Episodes of long pauses of interrupted breathing during sleep
- Possibly struggling, snorting, gasping, choking, and partially or completely awakening in an attempt to restart breathing

Symptoms that occur as a result of these episodes of sleep apnea include:

- Disturbed rest
- Daytime sleepiness
- Problems staying alert or paying attention
- Irritability
- Poor memory
- Difficulty learning
- Decreased energy
- Headache
- Sexual problems
- Depression
- Mood swings
- Anxiety
- Weight gain
- Hyperactivity in children
- High blood pressure
- Heart disease and heart attack
- Stroke
- Confusion
- Increased risk of sudden infant death syndrome (SIDS) in babies

REFERENCES:


