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Possible Sleep Apnea

Over multiple sleep sessions Apple Watch has recorded elevated breathing disturbances that would be classified as moderate or severe sleep apnea.

July 29 – August 28, 2024



Discuss With Your Doctor

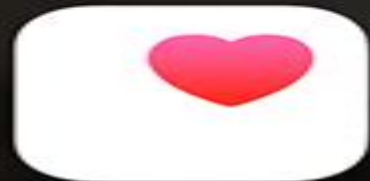
If you have never received a diagnosis of sleep apnea you should discuss this notification with your doctor at your next appointment.

You can export a chart of your breathing disturbances along with an explanation of the notification.

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About Sleep Apnea

Sleep Apnea is a respiratory condition where you experience repeated disruptions in breathing while asleep. In lower frequencies these breathing



Possible Sleep
Apnea

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