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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.

August 9 — September 8, 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

# Sleep Hacks Iphone Latest Price

**A Gutmann**



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