

# SLEEP APNEA

## What is Sleep Apnea?

Sleep Apnea is a disorder that is common and serious. Sleep Apnea occurs when breathing stops or becomes very shallow while sleeping. A pause in breathing could last 10-20 seconds and occur more than 20-30 times an hour.

Obstructive Sleep Apnea is a type of sleep apnea that occurs when the airways become blocked causing a person to not get enough air.

Central Sleep Apnea is another type of sleep apnea that does not occur due to blocked airways, but occurs when the brain fails to signal the muscles to breathe

## What Causes Sleep Apnea?

1. Family history
2. Obesity
3. Large neck
4. Recessed chin
5. Smoking
6. Alcohol use
7. Abnormalities in the structure of the upper airway

## What are the Symptoms?

1. Loud snoring
2. Excessive daytime sleepiness
3. Morning headaches
4. Memory problems
5. Feelings of depression
6. Reflux

7. Periods of not breathing
8. Awaken with dry mouth and sore throat
9. Fall asleep at inappropriate times or easily
10. Recent weight gain
11. Personality changes
12. Limited attention
13. Abrupt awakening accompanied by shortness of breath
14. High blood pressure

## How is it Diagnosed?

1. Complete history and physical done by physician
2. Overnight sleep study (Polysomnogram)
3. Overnight pulse oximetry test

## How is Sleep Apnea Treated?

1. Use of continuous positive airway pressure machine (CPAP)
2. Weight loss
3. Avoid sleeping on back
4. Avoidance of alcohol and medications that relax the airway
5. Oral and dental devices
6. Surgery
7. Use of oxygen

More Information

