

Fast Facts

Sleep Apnea

- When you repeatedly stop and start breathing while you're sleeping
 - Three main types: obstructive, central, or complex
- Obstructive is the most common type and occurs when the muscles in the back of your throat relax, resulting in a narrowed opening for air to pass through when you breathe. For some people, the space actually closes completely. The oxygen level in your blood dips from the restriction or lack of airflow. Your brain senses this and briefly awakens you so you can reopen your airway. Usually not aware of this and don't remember being woken up. If someone is nearby while you're sleeping, they might say you snort, gasp or choke throughout the night. This pattern repeats all night, sometimes more than 30 times an hour. Your body is unable to get the deep, restful sleep that it needs
- Central sleep apnea is less common and is when your brain doesn't send signals to your breathing muscles, meaning you don't breathe for short periods
- Complex is a combination of the two

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Loud snoring (not always present) -Gasping for air while sleeping -Wake up with a dry mouth -Have a headache in the morning -Experience insomnia -Excessive daytime sleepiness -Difficulty paying attention -Fatigue -Irritability -Family members tell you that you stop breathing at night -Falling asleep while at work or driving a car 	<p><i>Mild:</i></p> <ul style="list-style-type: none"> Lifestyle changes --Lose weight --Quit smoking --Control allergies Oral devices <p><i>Moderate:</i></p> <ul style="list-style-type: none"> -CPAP machine <p><i>Severe:</i></p> <ul style="list-style-type: none"> Surgery --Tissue removal --Tissue shrinkage --Jaw repositioning --Implants --Nerve stimulation --Creating a new air passageway --Tracheostomy 	<ul style="list-style-type: none"> -Lose/maintain a healthy weight -Exercise for about 30 minutes most days of the week -Don't smoke -Sleep on your side or stomach (not back) -Avoid drinking alcohol or using medications that have sedative qualities, like tranquilizers

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