

Sleep Apnea Awareness Month

June 2017

Overview of Sleep Apnea

Sleep apnea is a serious breathing problem. The airway of a person with sleep apnea frequently closes while sleeping causing the brain and the rest of the body not to receive the amount oxygen that is needed to function properly.

Anyone who experiences these symptoms should contact their doctor in order to be tested for sleep apnea. A sleep apnea that is not treated can cause a person to have heart problems such heart attack, stroke, or high blood pressure, liver problem, develop diabetes, and have complications after surgery.

Who are at Risk for Sleep Apnea?

- Overweight
- A person with thick neck size
- Smoker

How to Prevent Sleep Apnea

- Lose weight
- Stop Smoking

Sign and Symptoms of Sleep Apnea

- Loud snoring
- Wakes up out of breath
- Wakes up with morning headache
- Someone telling them they have stopped breathing multiple times during their sleep
- Wakes up feeling tired
- Always sleepy during the day.

How to Diagnose Sleep Apnea

The symptoms of sleep apnea are evaluated by a sleep specialist who will order a sleep study in order to diagnose sleep apnea. The sleep can be done at home or monitored sleep study lab. Once diagnose with sleep apnea, the specialist will order the appropriate airway pressure machine for sleep in order to treat the sleep apnea symptoms.

Reference

<http://www.mayoclinic.org/diseases-conditions/sleep-apnea/basics/treatment/con>