

SLEEP APNEA

FREQUENTLY ASKED QUESTIONS

**Why do people snore ?**

Snoring occurs when air cannot move freely through the air passages at the back of the mouth and nose. This causes vibration of the roof of the mouth and uvula, creating the snoring sound.

The smaller the airway and the larger the obstruction, the louder the snoring becomes.

What is Sleep Apnea?

Sleep apnea is a condition where you stop breathing — usually between 10 and 30 seconds — during sleep.

Because sleep apnea episodes often occur many times throughout the night, they disrupt your quality of sleep. That's why you may feel tired and sluggish in the morning.

Consequences of sleep apnea

Sleep apnea is a disorder caused by the muscles of your tongue and throat relaxing during sleep and blocking off your airways. This disrupts your breathing and your normal sleep cycle. Sleep apnea can cause serious health consequences, such as increasing your risk for:

- ❖ Diabetes
- ❖ Heart attack
- ❖ High blood pressure
- ❖ Stroke

Sleep Apnea Diagnosis

After reviewing your symptoms and medical history, your doctor will recommend an overnight sleep study. The sleep apnea test will allow your doctor to diagnose and find possible causes for the disorder.

Sleep Study

A sleep medicine specialist will monitor your actions while you sleep. Before coming to the sleep lab, you'll be asked to avoid alcohol, narcotics, and caffeine so that they don't interfere with your normal sleep habits. A sleep medicine specialist will attach sensors to the chest, stomach, face, head, and legs.

These sensors are painless and monitor:

- ❖ Air flow from your nose and mouth
- ❖ Body movements
- ❖ Heart rate
- ❖ Eye movements
- ❖ Blood oxygen levels

The study usually lasts from 9 p.m. until 7 a.m.

Most sleep studies take two nights one to diagnose the problem and one to test an appropriate therapy. The second study usually involves testing a continuous positive airway pressure (CPAP) machine to see if that helps your breathing overnight.

Treatment for Sleep Apnea

Sleep apnea treatment depends on the cause. It can be treated with medication and if that fails, surgery will be suggested.

LEARNING ABOUT SLEEP APNEA AND GETTING TREATMENT IS BEST TO AVOID LONG-TERM HEALTH PROBLEMS.