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## Sleep Apnea

Also called: Sleep-disordered breathing

Sleep apnea is a common disorder that causes your breathing to stop or get very shallow. Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more an hour.

The most common type is obstructive sleep apnea. It causes your airway to collapse or become blocked during sleep. Normal breathing starts again with a snort or choking sound. People with sleep apnea often snore loudly. However, not everyone who snores [<https://medlineplus.gov/snoring.html>] has sleep apnea.

You are more at risk for sleep apnea if you are overweight, male, or have a family history or small airways. Children with enlarged tonsils [<https://medlineplus.gov/tonsillitis.html>] or adenoids [<https://medlineplus.gov/adenoids.html>] may also get it.

Doctors diagnose sleep apnea based on medical and family histories, a physical exam, and sleep study results.

When your sleep is interrupted throughout the night, you can be drowsy during the day. People with sleep apnea are at higher risk for car crashes, work-related accidents, and other medical problems. If you have it, it is important to get treatment. Lifestyle changes, mouthpieces, surgery, and breathing devices can treat sleep apnea in many people.

*NIH: National Heart, Lung, and Blood Institute*

## Start Here

- Sleep Apnea [<https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631?p=1>] (Mayo Foundation for Medical Education and Research)
- Struggling to Sleep? Don't Let Apnea Steal Your Sweet Dreams [<https://newsinhealth.nih.gov/2017/07/struggling-sleep>]  (National Institutes of Health)  
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/dificultad-para-dormir>]
- What Is Sleep Apnea? [<https://www.nhlbi.nih.gov/health/sleep-apnea>]  (National Heart, Lung, and Blood Institute)  
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/apnea-del-sueno>]

## Diagnosis and Tests

- Getting a Sleep Apnea Diagnosis [<https://www.sleepapnea.org/diagnosis/>] (American Sleep Apnea Association)
- Pulse Oximetry [<https://medlineplus.gov/lab-tests/pulse-oximetry/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/pulsioximetria/>]
- Sleep Studies [<https://www.nhlbi.nih.gov/health/sleep-studies>]  (National Heart, Lung, and Blood Institute)  
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/estudios-del-sueno>]
- Sleep Study [<https://medlineplus.gov/lab-tests/sleep-study/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/estudio-del-sueno/>]
- What is a Sleep Study? [<https://www.sleepapnea.org/diagnosis/sleep-studies/>] (American Sleep Apnea Association)

## Treatments and Therapies

- CPAP (Continuous Positive Airway Pressure) [<https://www.nhlbi.nih.gov/health/cpap>]  (National Heart, Lung, and Blood Institute)  
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/cpap>]
- CPAP Machines: Tips for Avoiding 10 Common Problems [<https://www.mayoclinic.org/diseases-conditions/sleep-apnea/in-depth/cpap/ART-20044164?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/sleep-apnea/in-depth/cpap/art-20044164?p=1>]
- Do You Need a Device That Claims to Clean a CPAP Machine? [<https://www.fda.gov/consumers/consumer-updates/do-you-need-device-claims-clean-cpap-machine>]  (Food and Drug Administration)  
Also in Spanish [<https://www.fda.gov/consumers/articulos-para-el-consumidor-en-espanol/necesita-un-dispositivo-que-afirme-limpiar-una-maquina-cpap>]

## Specifics

- Central Sleep Apnea - Mayo Clinic [<https://www.mayoclinic.org/diseases-conditions/central-sleep-apnea/symptoms-causes/syc-20352109?p=1>] (Mayo Foundation for Medical Education and Research)
- Obstructive Sleep Apnea [<https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090?p=1>]
- Obstructive Sleep Apnea (OSA) [<https://www.thoracic.org/patients/patient-resources/resources/obstructive-sleep-apnea-and-heart.pdf>]  (American Association of Oral and Maxillofacial Surgeons) - PDF

## Genetics

- Obstructive sleep apnea: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/obstructive-sleep-apnea>]  (National Library of Medicine)

## Clinical Trials

- ClinicalTrials.gov: Sleep Apnea Syndromes [<https://clinicaltrials.gov/search?cond=%22Sleep+Apnea+Syndromes%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Sleep-disordered breathing and metabolic syndrome across gender, age, and sleep subtypes... [<https://www.ncbi.nlm.nih.gov/pubmed/40727911>]
- Article: Efficacy and safety of different acupuncture therapies in treating sleep apnea... [<https://www.ncbi.nlm.nih.gov/pubmed/40685498>]
- Article: A multimodal dataset for training deep learning models aimed at detecting... [<https://www.ncbi.nlm.nih.gov/pubmed/40681588>]
- Sleep Apnea -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Sleep+Apnea+Syndromes%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+A ND%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- American Sleep Apnea Association [<https://www.sleepapnea.org/>]
- Find a Sleep Center [<https://sleepeducation.org/sleep-center/>] (American Academy of Sleep Medicine)
- National Center on Sleep Disorders Research [<https://www.nhlbi.nih.gov/about/divisions/division-lung-diseases/national-center-sleep-disorders-research>] 

## Children

- Apnea of Prematurity (For Parents) [<https://kidshealth.org/en/parents/aop.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/aop.html>]
- Pediatric Obstructive Sleep Apnea [<https://www.mayoclinic.org/diseases-conditions/pediatric-sleep-apnea/symptoms-causes/syc-20376196?p=1>] (Mayo Foundation for Medical Education and Research)
- Sleep Apnea Detection [<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/Sleep-Apnea-Detection.aspx>] (American Academy of Pediatrics)  
Also in Spanish [<https://www.healthychildren.org/spanish/ages-stages/baby/sleep/paginas/sleep-apnea-detection.aspx>]
- Sleep Study (Polysomnogram) [<https://kidshealth.org/en/parents/sleep-study.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/sleep-study.html>]

## Patient Handouts

- Central sleep apnea [<https://medlineplus.gov/ency/article/003997.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003997.htm>]
- Obesity hypoventilation syndrome (OHS) [<https://medlineplus.gov/ency/article/000085.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000085.htm>]
- Obstructive sleep apnea - adults [<https://medlineplus.gov/ency/article/000811.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000811.htm>]
- Pediatric sleep apnea [<https://medlineplus.gov/ency/article/007660.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007660.htm>]
- Positive airway pressure treatment [<https://medlineplus.gov/ency/article/001916.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001916.htm>]
- Uvulopalatopharyngoplasty (UPPP) [<https://medlineplus.gov/ency/article/007663.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007663.htm>]



## MEDICAL ENCYCLOPEDIA

- Apnea of prematurity [<https://medlineplus.gov/ency/article/007227.htm>]
- Central sleep apnea [<https://medlineplus.gov/ency/article/003997.htm>]
- Obesity hypoventilation syndrome (OHS) [<https://medlineplus.gov/ency/article/000085.htm>]
- Obstructive sleep apnea - adults [<https://medlineplus.gov/ency/article/000811.htm>]
- Pediatric sleep apnea [<https://medlineplus.gov/ency/article/007660.htm>]
- Positive airway pressure treatment [<https://medlineplus.gov/ency/article/001916.htm>]

## Related Health Topics

Breathing Problems [<https://medlineplus.gov/breathingproblems.html>]

Sleep Disorders [<https://medlineplus.gov/sleepdisorders.html>]

Snoring [<https://medlineplus.gov/snoring.html>]

## National Institutes of Health

The primary NIH organization for research on *Sleep Apnea* is the National Heart, Lung, and Blood Institute [<http://www.nhlbi.nih.gov/>]

## Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/sleepapnea.html>] on *Sleep Apnea*

## NIH MedlinePlus Magazine

Getting an Accurate Read on Pulse Oximeters [<https://magazine.medlineplus.gov/article/getting-an-accurate-read-on-pulse-oximeters>]

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