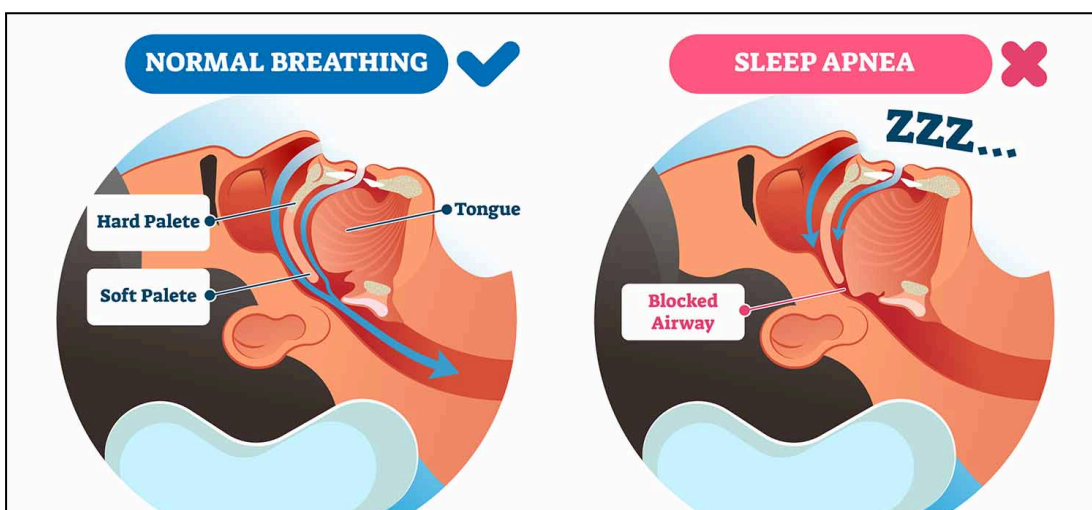


What is Sleep Apnea

Snoring is a common sleep-related sound that occurs when the flow of air through the mouth and nose is partially blocked during sleep. It results in the vibration of the tissues in the throat, leading to the characteristic snoring sound. Besides being a social embarrassment, it can potentially be a sign of a serious health issue called **Sleep Apnea**.

Sleep Apnea is characterised by repeated interruption in breathing during sleep. This restricts the flow of oxygen into the bloodstream, putting individuals at risk of high blood pressure, heart attacks, stroke, rapid heartbeats etc. Not all snoring may cause sleep apnea but it cannot be ruled out unless tested and should not be ignored.



Source: lighthouse dental centre

Signs and Symptoms of Sleep Apnea

- **Excessive daytime sleepiness:** In more severe cases, this can cause drowsiness during driving, working or other activities.
- **Pauses in breathing** while asleep that a partner may notice
- **Frequently waking up during** the night which disrupts the normal sleep cycle
- **Night sweats** and feeling restless at night
- **Waking up** short of breath or feeling like choking
- **Headache**, especially on waking up

Do not ignore Snoring, it could be a sign of Sleep Apnea

Complications of Sleep Apnea

- **Heart damage or [heart failure](#):** Sleep apnea increases pressure in the blood vessels around the heart and its chambers which puts a strain on the heart, ultimately causing damage to the heart muscle.
- **Sudden cardiac death:** Some arrhythmias (irregular heartbeat) that can happen with sleep apnea are especially severe and can stop your heart leading to [sudden cardiac death](#).
- **High blood pressure or heart problems:** Sudden drop in blood oxygen levels that occurs during OSA [Obstructive sleep apnea](#) increases blood pressure also known as hypertension.
- **Stroke** through various conditions, including hypertension, inflammation and cardiovascular strain.

Who is more at risk

Sleep apnea can happen to anyone, ranging from infants and children to older adults. Men are more likely to have sleep apnea than women. However, the risk for women increases if they are overweight or in the post-menopausal stage.

Tests to diagnose Sleep Apnea

- [Overnight sleep study \(polysomnogram\)](#): In this test, the person may be advised to sleep in a medical facility (often known as a “sleep lab”) that’s specially equipped to be as comfortable as possible while still monitoring sleep. This test involves sensors that monitor heart rate, breathing, blood oxygen levels, brain waves and more.
- **Home Sleep Apnea testing:** This form of testing allows a person to complete a sleep study from home. It is similar to an overnight sleep study but doesn’t involve brain wave monitoring.

How is Sleep Apnea treated and is there a cure

- **Non-medical treatment** includes **changing position while sleeping** as sleeping on the back makes sleep apnea more likely. Special support pillows and similar items can help change the position.
- **Weight loss:** A 10% decrease in body weight can significantly improve sleep apnea for people who have excess weight or obesity.

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- **Medication changes:** Working with your doctor to decrease or stop opioid pain medications may be able to improve or even resolve severe sleep apnea.
- **Positive airway pressure (PAP) and adaptive ventilation:** This method uses a specialised device to increase the air pressure inside the airway while you inhale. The best-known PAP device is CPAP (Continuous Positive Airway Pressure) machine. **It is advised to consult with a healthcare professional for a comprehensive evaluation and personalized treatment plan.**
- **Oral devices:** Special mouthpiece devices can help hold the jaw and tongue in a position that keeps pressure off the windpipe.



**CPAP
(Continuous Positive Airway Pressure)**

Oral device machine

Getting the right diagnosis and a personalized treatment plan can help individuals sleep better, have a better life and lower the chances of problems arising from untreated sleep apnea. It is important to act early and follow the treatments suggested by healthcare providers to effectively deal with this sleep issue.


Do not ignore Snoring, it could be a sign of Sleep Apnea



Age-wise Recommended hours of Sleep

Age - Group	Age range	Recommended hours of sleep per day*	Ideal bedtime
★ Newborn	0-3 months	14 to 17	N/A
Infant	4-11 months	12 to 15	6 - 7 p.m.
Toddler	1-2 years	11 to 14	7 - 7:30 p.m.
Preschool	3-5 years	★ 10 to 13	7 - 8 p.m. ★
School-age	6-13 years	9 to 11	8 - 9:30 p.m.
★ Teen	14-17 years	8 to 10	9 - 10:30 p.m. ★
Adult	18-64 years	7 to 9	8 - 12 p.m.
★ Older adult	65+ years	7 to 8	8 - 12 p.m.

*Per National Sleep Foundation guidelines



www.patientsforpatientsafety.in



To know more :

- [Understanding Pap Therapy for Sleep Apnea](#)
- [6 Lifestyle Remedies for Sleep Apnea](#)

My Health, My Responsibility