

## 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 opening actually closes completely. Due to the restriction or lack of air flow, the oxygen level in your blood dips. Your brain senses this and briefly awakens you so that 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 that you snort, gasp or choke throughout the night. This pattern repeats all night long, sometimes more than 30 times in 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 of time
- Complex is a combination of the two

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"><li>-Loud snoring (not always present)</li><li>-Gasping for air while sleeping</li><li>-Wake up with a dry mouth</li><li>-Have a headache in the morning</li><li>-Experience insomnia</li><li>-Excessive daytime sleepiness</li><li>-Difficulty paying attention</li><li>-Fatigue</li><li>-Irritability</li><li>-Family members tell you that you stop breathing at night</li></ul>	<ul style="list-style-type: none"><li>-Lifestyle changes</li><li>-CPAP</li><li>-Oral devices</li><li>-Surgery</li></ul>	<ul style="list-style-type: none"><li>-Lose/maintain a healthy weight</li><li>-Exercise for about 30 minutes most days of the week</li><li>-Don't smoke</li><li>-Sleep on your side or stomach (not back)</li><li>-Avoid drinking alcohol or using medications that have sedative qualities, like tranquilizers</li></ul>

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