



WHAT IS SLEEP APNEA?

WHAT YOU SHOULD KNOW

SLEEP APNEA

- Sleep apnea is a common disorder in which breathing stops briefly during sleep. Pauses typically last 10-20 seconds, and can occur more than 30 times per hour
- 18,000,000 American adults have sleep apnea
- Sleep apnea has been linked to
 - High blood pressure
 - Atrial fibrillation
 - Sudden cardiac death
 - Heart failure

WHAT ARE THE SIGNS?

- Morning headaches
- Dry mouth
- Feeling tired, irritable, or distracted during the day
- Excessive daytime sleepiness
- Loud snoring
- Gasping for breath during sleep
- Waking up frequently during the night



HOW IS SLEEP APNEA TREATED?

- Weight loss
- Adopting healthy sleeping habits such as set bedtimes
- Avoidance of alcohol or medications that can disrupt healthy sleep
- Use of a breathing device that can help keep your airway open (CPAP)
- Surgery

