

Sleep Apnea



Obstructive Sleep Apnea or OSA is the restriction or blockage of the upper airway. The upper airway may be obstructed by excess tissue, large tonsils, a large tongue or airway muscles relaxing and collapsing when asleep. OSA can occur throughout the night and you may be unaware of it. The obstructions may cause brief awakenings and decreases in your oxygen level.

Common Characteristics of OSA:

- Excessive Daytime Sleepiness
- Snoring
- Morning Headaches
- Restless Sleep
- Frequent Trips To The Bathroom
- Waking With Choking, Gasping and Snorting
- Heartburn
- Insomnia
- Depression
- Excessive Sweating
- Difficulty Concentrating
- High Blood Pressure
- Reduced Libido
- Recent Weight Gain
- Dry Mouth Or Sore Throat
- Irritability

Treatment of OSA

If the Sleep Apnea is considered mild it may be treated by: losing weight, sleeping on your side, oral devices, and sinus surgery.

If the Sleep Apnea is considered moderate to severe then CPAP (Continuous Positive Airway Pressure) may be used. CPAP is a machine that generates air flow. The air flow travels through a tube and a mask worn over the nose. The air acts as a splint keeping your airway open while you sleep. CPAP will help you breath more regularly, eliminate snoring and improve blood oxygen levels.

The benefits of wearing CPAP is a better nights sleep and improvement of OSA symptoms. Untreated OSA increases the risk of stroke, heart attack, irregular heartbeats, high blood pressure and heart disease. Daytime sleepiness can also cause an increase in accidents, poor performance at work and relational problems.

Home healthcare companies provide CPAP and supplies.