

Sleep Apnea

Sleep apnea is defined as the cessation of breath during sleep. There are three different types of apnea: obstructive, central, and mixed. Of these three, obstructive sleep apnea (OSA) is the most common, and most severe. People with a severe case of sleep apnea may cease breathing hundreds of times during sleep. OSA can afflict all age groups, men and women alike, though most common in overweight men. An estimated 18 million Americans have sleep apnea, and approximately 38,000 people die annually from resulting complications. Loud, habitual snoring, waking up with headaches, and daytime sleepiness are some of the main symptoms. Effective diagnosis and treatment is available.

SYMPTOMS

- Excessive daytime sleepiness (hypersomnia)
- Loud snoring, which is usually more prominent in obstructive sleep apnea
- Episodes of breathing cessation during sleep witnessed by another person
- Abrupt awakenings accompanied by shortness of breath, which more likely indicates central sleep apnea
- Awakening with a dry mouth or sore throat
- Morning headache
- Difficulty staying asleep (insomnia)
- Attention problems