

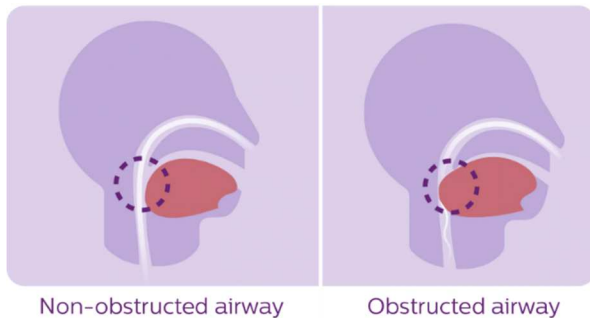


## ADVANCED SLEEP MEDICINE SERVICES

### WHAT IS SLEEP APNEA?

Visit our website for more information: [www.sleepdr.com](http://www.sleepdr.com)

Sleep Apnea is a medical condition where you repeatedly stop and start breathing while you sleep. The most common type is obstructive sleep apnea (OSA). A noticeable sign of obstructive sleep apnea is snoring.



With OSA, while you're sleeping, your throat muscles intermittently relax to the point of collapse and block your airway. The soft tissue in the back of your throat collapses, blocking the airway and preventing oxygen from reaching your lungs. Each blockage or "apnea" may last for 10 to 30 seconds or longer, until your brain wakes up enough to restart breathing.

Mild sleep apnea is defined as at least 5 apneas per hour of sleep, moderate is 15 apneas per hour, and severe is 30 apneas or more per hour. Even with mild sleep apnea, your brain can be waking up at least every 12 minutes on average to restart breathing. Severe sleep apnea can mean waking up every 2 minutes on average.

Sleep apnea with the symptom of excessive daytime sleepiness occurs in about 4% of the population for men and about 2% for women. Obesity is a risk factor. In general, sleep apnea affects men more than women. Sleep apnea rates increase sharply in women after menopause.

Sleep apnea can cause excessive daytime sleepiness, which can significantly reduce quality of life. Sleep can affect mood as well as your safety at work and while driving. It's also strongly linked to significant chronic conditions like heart disease, high blood pressure, stroke, type 2 diabetes, and depression. It's important to treat sleep apnea.

Treatments for obstructive sleep apnea are available. The most common treatment involves using a device (CPAP) that uses positive pressure to keep your airway open while you sleep. Your doctor can help – Talk to your doctor today.