

# OBSTRUCTIVE SLEEP APNEA



**Obstructive sleep apnea (OSA) is a sleep disorder characterized by repeated interruptions in breathing during sleep.**

**OSA occurs when the muscles at the back of the throat relax excessively during sleep, causing the airway to become partially or completely blocked.**

**This obstruction leads to temporary pauses in breathing, often lasting for 10 seconds or more.**

**Many individuals with OSA are unaware of these symptoms, and it's often a partner or family member who notices them.**

# Common symptoms



**Loud snoring**

**Gasping or choking during sleep**



**Excessive daytime sleepiness**

**Difficulty concentrating**



**Morning headaches**

**Mood changes – depression and anxiety**



# Risk Factors



Men over the  
age of 50

Obesity



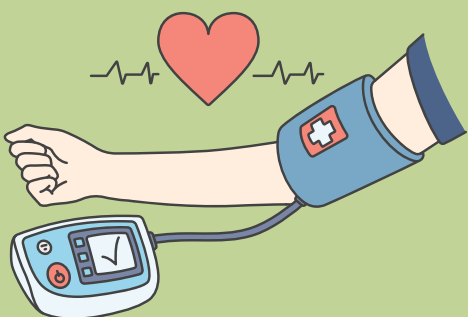
Having enlarged  
tonsils

A family history of  
OSA



Smoking

Alcohol use



Medical conditions like  
high blood pressure and  
diabetes

# Complications

If left untreated, OSA can lead to hypertension, heart diseases like heart failure and arrhythmias, and stroke.



Frequent awakenings during the night can lead to daytime fatigue, which can impair your ability to concentrate, work, drive, and perform daily tasks safely.

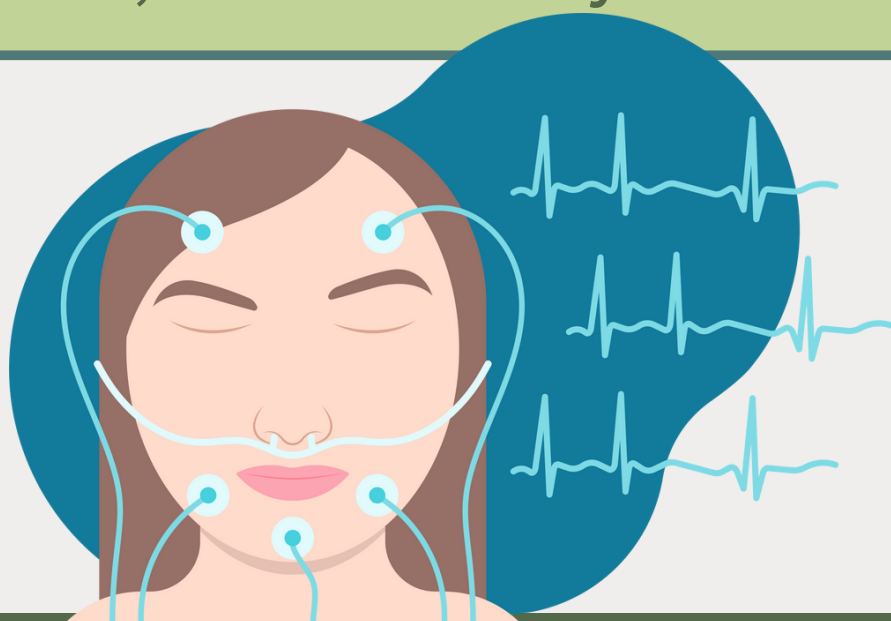


OSA can have a negative impact on your overall quality of life, affecting mood, relationships, and general well-being.



# Diagnosis

A sleep study, conducted in a sleep clinic or at home, is typically used to diagnose OSA. This study monitors various aspects of your sleep, including breathing patterns, oxygen levels, and brain activity.



# Treatment

Treatment options vary depending on its severity.

Lifestyle modifications like losing weight, avoiding alcohol and sedatives, and changing sleep positions and sleeping on your side can help alleviate symptoms.



Nasal decongestants and allergy medications may be prescribed if nasal congestion or allergies contribute to OSA.



For mild to moderate OSA, dental devices called Mandibular Advancement Devices can be custom-made to fit your mouth. They reposition the lower jaw and tongue to keep the airway open.



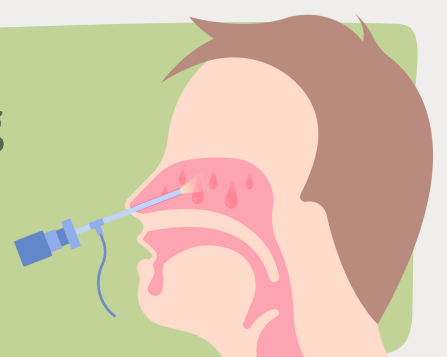
Cognitive Behavioral Therapy for Insomnia (CBT-I) can help improve sleep patterns and reduce insomnia symptoms, which may be beneficial for some OSA patients.



For moderate to severe OSA, continuous positive airway pressure (CPAP) is the most effective treatment. It involves wearing a mask over the nose or mouth during sleep, which delivers a continuous stream of air to keep the airway open.



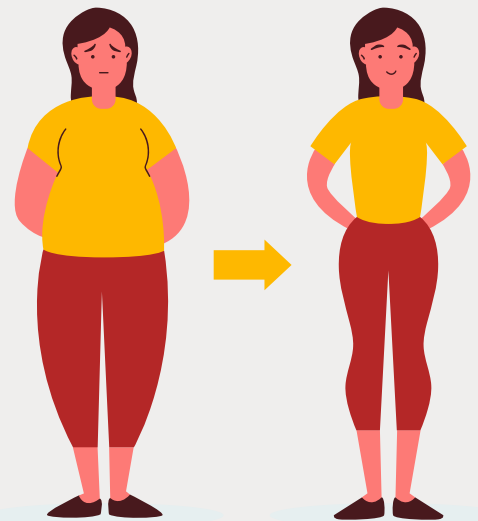
Surgery to remove excess tissue blocking the airway is an option when even CPAP fails.



# Prevention

The best things you can do to reduce your risk of sleep apnea include:

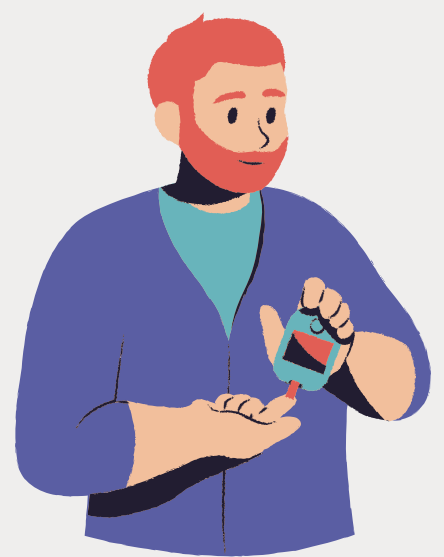
Reaching and maintaining a healthy weight.



Practicing good sleep hygiene.



Managing any existing health conditions, such as high cholesterol, high blood pressure and Type 2 diabetes.



Seeing your healthcare provider at least once a year for a checkup.

