Obstructive sleep apnea is a condition affecting breathing during sleep. While asleep, the airway can become narrowed or blocked, causing a person to stop breathing temporarily. This can occur hundreds of times throughout the night, disrupting sleep and affecting overall health. It’s important to diagnose and treat sleep apnea to improve quality of life and prevent long-term health problems.

Ways to take action

For patients

- More information on sleep apnea
- Find a health care provider
- Learn the signs of sleep apnea
- Sleep better each night

In addition to helping to reduce the severity of symptoms, managing weight, improving health, quitting smoking, and exercising regularly may also help improve your overall health and well-being.

About obstructive sleep apnea

What is obstructive sleep apnea?

Obstructive sleep apnea is a condition characterized by abnormal breathing during sleep. With the onset of sleep, your muscles relax, which can lead to narrowing or closing of the airway. When this happens, the brain stops sending signals to the breathing muscles to maintain air flow, causing a partial or complete blockage of the airway. This results in a brief interruption of breathing that can last for as long as a minute.

How can obstructive sleep apnea impact your health?

Obstructive sleep apnea can cause a range of health problems, including:
- Daytime sleepiness
- Memory problems
- Mood swings
- Increased risk of heart disease and stroke
- High blood pressure
- Diabetic dysfunction
- Reduced lung function
- Reduced fertility
- CHF

Obstructive sleep apnea can also lead to other respiratory problems, such as lung infections and sinusitis. It can also cause changes in the brain, including reduced brain size and altered brain function.

To keep in mind

This report does not replace medical advice or diagnosis, which should be obtained from a qualified professional. Consult with a healthcare professional if you're concerned about your obstructive sleep apnea symptoms or health.

In the absence of a medical professional, this report is intended to provide general information. Please consult with your healthcare provider for specific advice tailored to your individual needs.

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