Obstructive Sleep Apnea

What is obstructive sleep apnea?

Apnea is a medical condition characterized by loud, repeated pauses in breathing during sleep. There are different types of apnea, but the most common is called obstructive sleep apnea (OSA). OSA occurs when your airway becomes blocked during sleep, preventing you from getting a good night’s rest. When your airway collapses, you stop breathing for a few seconds to a few minutes. This process is then repeated hundreds of times throughout the night.

OSA can also cause you to wake up frequently during the night, which can make you feel tired and sleepy during the day. If you have OSA, you may also experience other symptoms such as snoring, headaches, and difficulty concentrating.

How is OSA diagnosed?

Diagnosis of OSA is usually made by a sleep center or doctor who will review your medical history and conduct a physical examination. They may also perform a sleep study to record your breathing patterns and determine if you have OSA.

OSA treatment options

There are several treatment options available for OSA, including lifestyle changes, medication, and surgery. Some of the most common treatments include using a continuous positive airway pressure (CPAP) machine at night, weight loss, and changing sleeping positions.

About obstructive sleep apnea

OSA is considered to be a chronic condition that cannot be cured, but it can be managed and controlled. Treatment options vary depending on the severity of your condition and may include lifestyle changes, medication, and surgery. It is important to work with your healthcare provider to find the best treatment plan for you.

Keep in mind

- OSA is a serious condition that can cause significant health problems.
- Untreated OSA can lead to sleep deprivation, which can affect your heart health, mental health, and overall well-being.
- If you think you may have OSA, it is important to see a healthcare provider for a proper diagnosis and treatment plan.

If you have any questions or concerns about OSA, please contact your healthcare provider.