Obstructive Sleep Apnea

Obstructive sleep apnea sometimes causes you to wake up during the night with a dry or sore throat. This is called throat irritation. It may also cause you to have a dry mouth while you sleep. This is called xerostomia. If you have xerostomia, it may be more difficult to open your mouth and to breathe through your nose. You may also experience other symptoms such as dry or itchy skin.

WebMD

Jamea, your genetic result is associated with a potential likelihood of developing obstructive sleep apnea.

[Image of James with dog, book, coffee cup]

Precautionary measures may include:

1. Avoid taking any medications that may cause you to become drowsy
2. Do not drink alcohol or use any sedatives before going to bed
3. Do not smoke
4. Lose weight if you are overweight or obese
5. Sleep in the position that keeps your airways open
6. Use a continuous positive airway pressure (CPAP) machine to keep your airways open during sleep

The use of a CPAP machine is necessary if your throat irritation is severe and may be harmful for your health.

Some people may benefit from a CPAP machine to keep their airways open. The CPAP machine delivers a steady stream of air pressure to keep your airways open. This prevents your throat from closing and helps you breathe more easily. A nasal mask or fitted mouthpiece is used to deliver the air pressure.

You may be required to have a sleep study before using a CPAP machine. A sleep study is a test that measures how well you sleep. It is performed at a sleep center.

You can take the following steps to avoid throat irritation:

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What is obstructive sleep apnea?

Obstructive sleep apnea occurs when you stop breathing temporarily during sleep. This occurs when soft tissue in the back of your throat collapses partially or completely blocking your airway. As a result, you may experience a number of symptoms such as loud snoring, daytime sleepiness, and morning headaches.

How obstructive sleep apnea impacts your health

People with obstructive sleep apnea may experience a variety of health problems, including:

1. Cardiovascular disease
2. Heart disease
3. High blood pressure
4. Stroke
5. Diabetes
6. osteoarthritis
7. Cognitive function
8. Memory problems
9. Mood disorders

What factors can impact your chances of developing obstructive sleep apnea?

There are several factors that can increase your risk of developing obstructive sleep apnea, including:

1. Family history of sleep apnea
2. Being overweight or obese
3. Being male
4. Having a large build
5. Being over the age of 40
6. Having a history of smoking
7. Having a history of alcohol use

Keep in mind

The symptoms of obstructive sleep apnea can be difficult to identify. It is important to consult with a healthcare professional if you suspect you may have obstructive sleep apnea.

How can you prevent obstructive sleep apnea?

The best way to prevent obstructive sleep apnea is to maintain a healthy weight and follow a healthy lifestyle. This includes:

1. Eating a healthy diet
2. Getting regular exercise
3. Sleeping well
4. Limiting alcohol and caffeine intake
5. Quitting smoking

What to expect at a sleep study

If you are suspected of having obstructive sleep apnea, you may be referred to a sleep center for a sleep study. During a sleep study, you will be monitored for several nights to determine if you have sleep apnea and to assess its severity. The sleep study will also help determine if a CPAP machine or other treatment is needed.

Learn more from the American Academy of Sleep Medicine

You may see the following symptoms if you have obstructive sleep apnea:

1. Loud snoring
2. Gasping or choking during sleep
3. Sleepiness or fatigue during the day
4. Difficulty concentrating or feeling irritable
5. Memory problems
6. Headaches

The most common cause of obstructive sleep apnea is sleep apnea syndrome. Sleep apnea syndrome is a condition that affects your ability to breathe during sleep. It is characterized by periods of apnea (cessation of breathing), hypopnea (partial obstruction of the upper airway), and hypoventilation (oxygen deficiency).

Sleep apnea syndrome can be caused by a variety of factors, including:

1. Structural abnormalities of the upper airway
2. Obese or large build
3. Smoking
4. Alcohol use
5. Medications that affect sleep
6. Genetic factors

The symptoms of sleep apnea syndrome can include:

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