

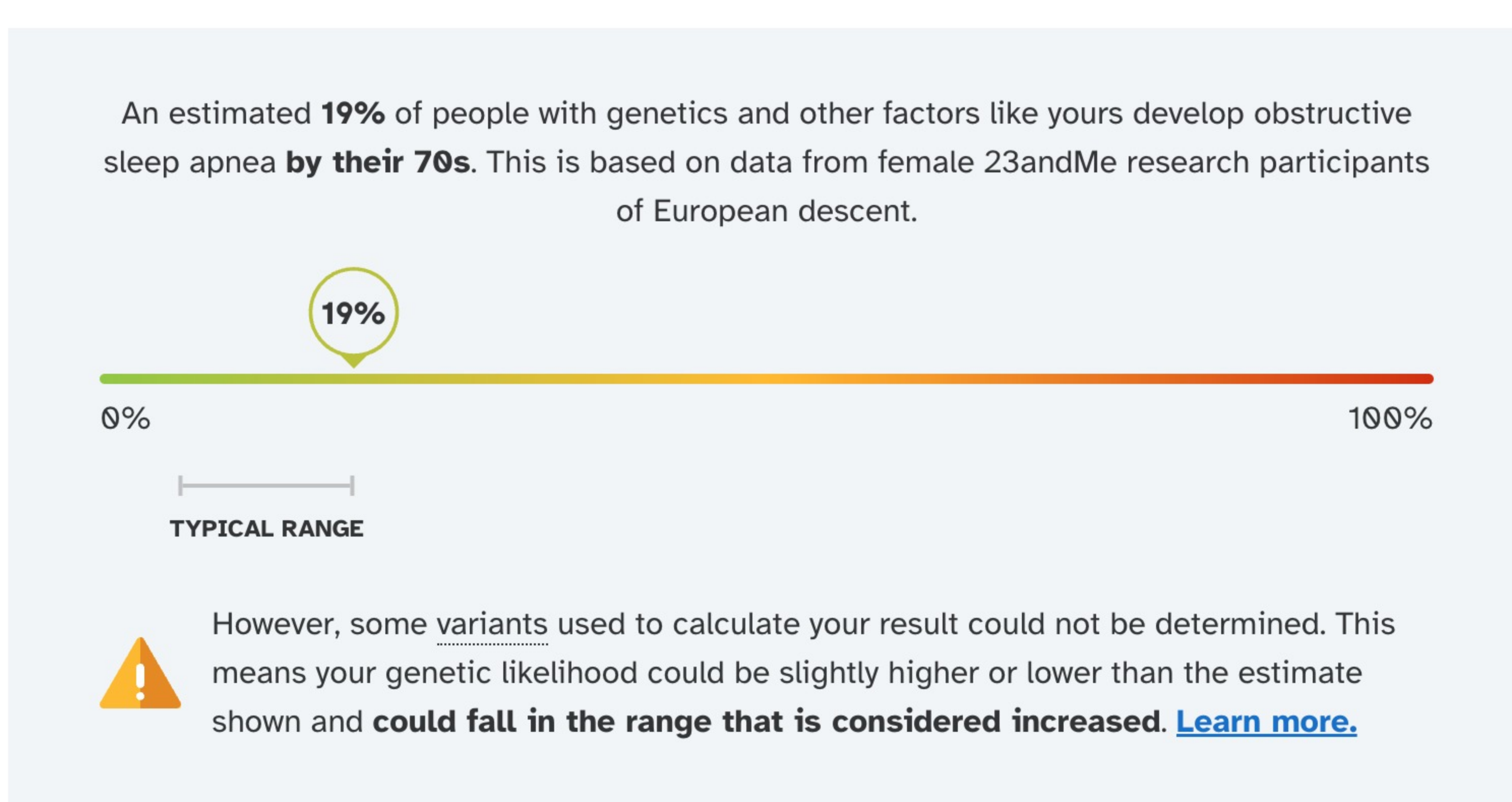
Obstructive Sleep Apnea

POWERED BY 23ANDME RESEARCH

Obstructive sleep apnea, sometimes called OSA, is a condition where breathing stops and starts repeatedly during sleep. It occurs when tissues in the throat relax during sleep and block the airway. OSA is associated with an increased risk of high blood pressure and heart disease. This report does not describe other forms of sleep apnea, such as central sleep apnea.



Jamie, your genetic result is associated with a **typical likelihood** of developing obstructive sleep apnea.



This estimate is based on currently available data and may be updated over time.

Ways to take action

For people who experience obstructive sleep apnea, experts agree that healthy lifestyle habits can help reduce the severity of symptoms.

- Maintain a healthy weight
- Eat a healthy diet to support a healthy weight
- Exercise regularly
- Limit alcohol consumption, especially before bedtime
- Avoid sleeping on your back



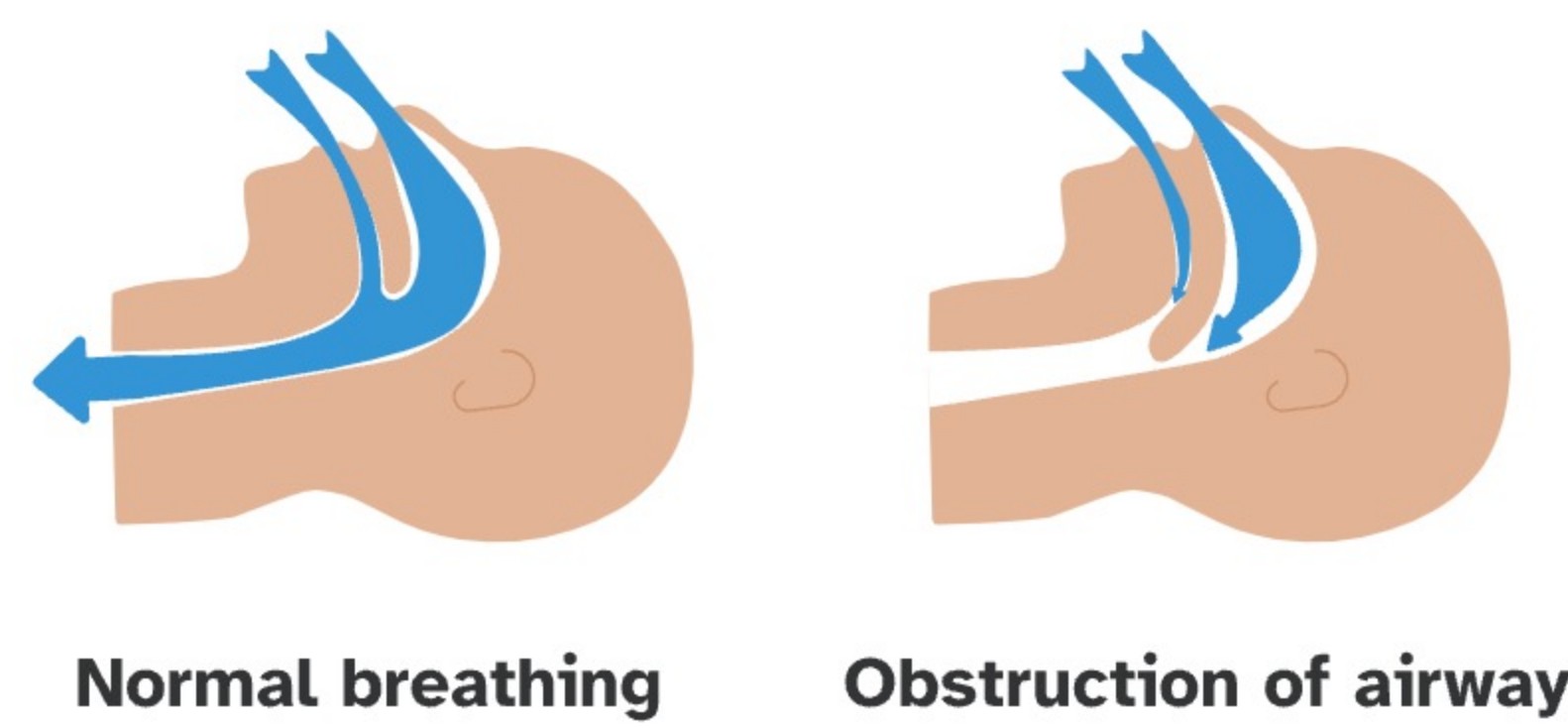
In addition to helping to reduce the severity of symptoms, maintaining a healthy weight, including losing weight if overweight, can help lower your risk of developing obstructive sleep apnea.

[Learn more from the National Institutes of Health](#)

About obstructive sleep apnea

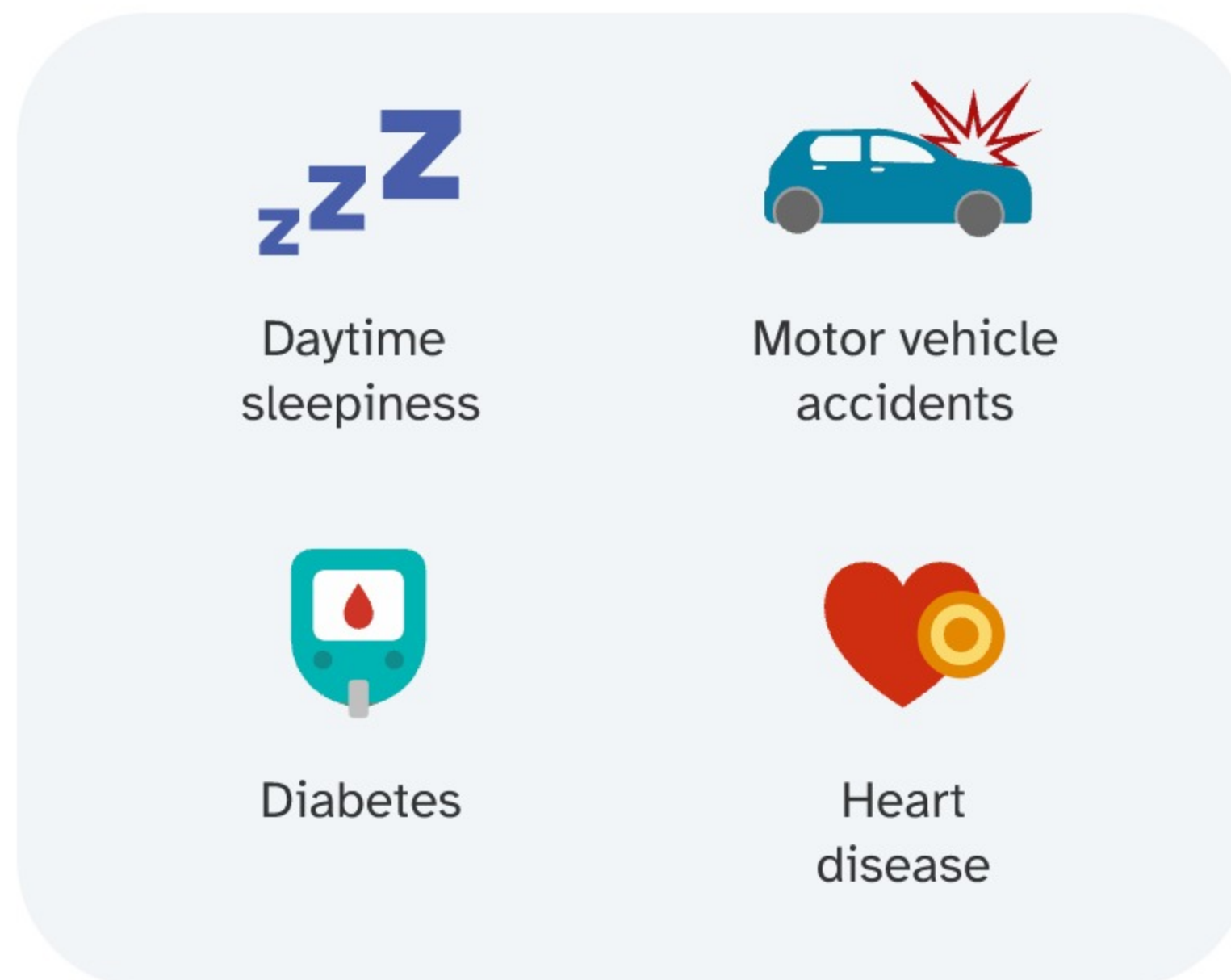
What is obstructive sleep apnea?

Obstructive sleep apnea is a condition where breathing stops and starts repeatedly during sleep. While asleep, soft tissues in the throat relax and, for people with OSA, can partially or completely block the airway. This can cause the individual to snore loudly and wake up gasping for air. Many people with OSA are unaware their breathing is affected while sleeping and may experience daytime sleepiness. Diagnosis of OSA is often defined as someone experiencing impaired breathing at least five times per hour of sleep along with other symptoms like daytime sleepiness.



How can obstructive sleep apnea impact your health?

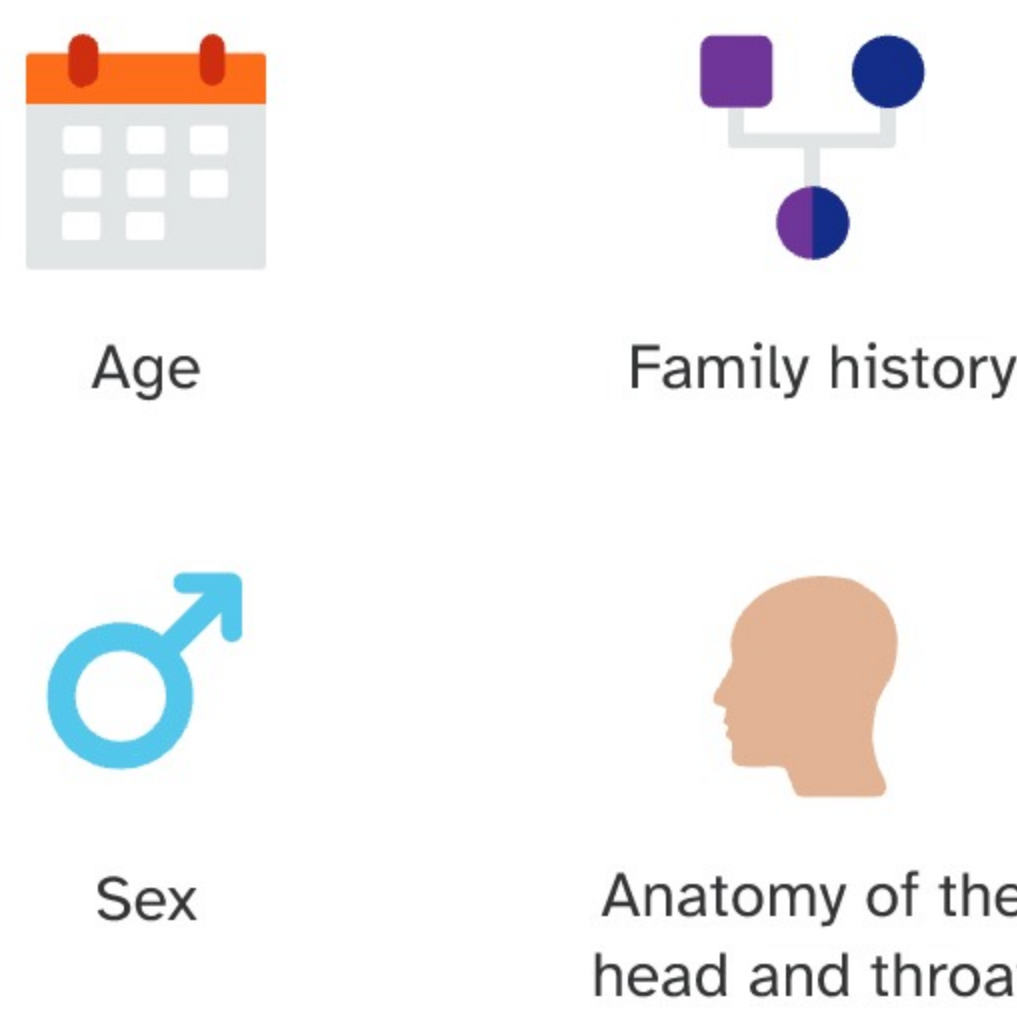
People with OSA often experience interrupted sleep, excessive daytime sleepiness, and difficulty concentrating. Because of this, those with OSA are at higher risk of motor vehicle accidents and should be especially careful when driving. OSA is strongly associated with type 2 diabetes and an increased risk for high blood pressure and heart disease. For people who experience OSA, lifestyle modifications and other treatments can help ease symptoms and reduce the risk for these health complications.



Other factors that can impact your chances of developing obstructive sleep apnea

It is estimated that around one in five adults have at least mild symptoms of OSA. Besides genetics, weight, and lifestyle, some factors that can increase a person's chances of developing OSA include:

- Age (this condition becomes more common as people get older)
- Family history
- Sex (more males than females are diagnosed with OSA but the risk in females increases after menopause)
- Shape and size of the bones and tissues in the head and throat



Keep in mind

This report **does not diagnose** obstructive sleep apnea. It also does not diagnose or provide information about other forms of sleep apnea, such as central sleep apnea. **Consult with a healthcare professional** if you are concerned about your likelihood of developing OSA, have a personal or family history of OSA, or before making any major lifestyle changes.

If you have already been diagnosed with obstructive sleep apnea by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.

The likelihood of developing obstructive sleep apnea also depends on **other factors**, including lifestyle, age, and family history.

This report **does not account for every possible genetic variant** that could affect your likelihood of developing obstructive sleep apnea.

This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

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- Ancestry Composition
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- Health Predisposition
- Pharmacogenetics
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- Traits

RESEARCH

- Research Overview
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- Publications

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- View all DNA Relatives
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- Your Connections
- GrandTree
- Advanced DNA Comparison