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SLEEP APNEA – Maybe this is why you are TIRED

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts.

Common Signs and Symptoms:

- Loud snoring
- Episodes of breathing cessation during sleep witnessed by another person
- Awakening with a dry mouth or sore throat
- Excessive daytime sleepiness (hypersomnia)

Difficulty staying asleep (insomnia)

- Attention Problems
- Irritability

Morning headache

Complications may include:

- Daytime fatigue. The repeated awakenings associated with sleep apnea make normal, restorative sleep impossible. People with sleep apnea often experience severe daytime drowsiness, fatigue and irritability. You may also feel quick tempered, moody or depressed.
- High blood pressure or heart problems. Sudden drops in blood oxygen levels that occur during sleep apnea increase blood pressure and strain the cardiovascular system. If you have obstructive sleep apnea, your risk of high blood pressure (hypertension) is greater than if you don't.
- Type 2 diabetes. People with sleep apnea are more likely to develop insulin resistance and type 2 diabetes compared with people without the sleep disorder.

Tests to detect sleep apnea may include: (performed while sleeping)

- Nocturnal polysomnography. During this test, you're hooked up to equipment that monitors heart, lung and brain activity, breathing patterns, arm/leg movements, and blood oxygen levels.
- Home sleep tests. In some cases, your doctor may provide you with simplified tests to be used at home to diagnose sleep apnea. These tests usually involve measuring your heart rate, blood oxygen level, airflow and breathing patterns. If you have sleep apnea, the test results will show drops in your oxygen level during apneas and subsequent rises with awakenings.

What you can do:

For milder cases of sleep apnea, your doctor may recommend only lifestyle changes, i.e. losing weight or quitting smoking. For nasal allergies, your doctor will recommend treatment for your allergies. If these don't improve your symptoms or if your apnea is moderate to severe, other treatments are available.

Certain devices can help open up a blocked airway. In other cases, surgery may be necessary. Treatments for obstructive sleep apnea may include:

Continuous positive airway pressure (CPAP). If you have moderate to severe sleep apnea, you may benefit from a machine that delivers air pressure through a mask placed over your nose while you sleep. With CPAP (SEE-pap), the air pressure is somewhat greater than that of the surrounding air, and is just enough to keep your upper airway passages open, preventing apnea and snoring.

Other airway pressure devices. If CPAP is a problem, you may be able to use a device that automatically adjusts the pressure while you sleep (Auto-CPAP). Units that supply bilevel positive airway pressure (BiPAP) are also available. These provide more pressure when you inhale and less when you exhale.

Expiratory positive airway pressure (EPAP). These small, single-use devices are placed over each nostril before you go to sleep. The device allows air to move freely in, but when you exhale, air must go through small holes in the valve. This increases pressure in the airway and keeps it open.

Oral appliances. Another option is wearing an oral appliance to keep your throat open. CPAP is more reliably effective, but oral appliances may be easier to use. Some open your throat by bringing your jaw forward, which can sometimes relieve shoring and mild obstructive sleep apnea. A number of devices are available from your dentist.

Obstructive sleep apnea occurs when the muscles in the back of your throat relax. These muscles support the soft palate, the triangular piece of tissue hanging from the soft palate (uvula), the tonsils, the side walls of the throat and the tongue.

When the muscles relax, your airway narrows or closes as you breathe in, and you can't get an adequate breath in. This may lower the level of oxygen in your blood.

Your brain senses this inability to breathe and briefly rouses you from sleep so that you can reopen your airway. This awakening is usually so brief that you don't remember it.

You may make a snorting, choking or gasping sound. This pattern can repeat itself five to 30 times or more each hour, all night long. These disruptions impair your ability to reach the desired deep, restful phases of sleep, and you'll probably feel sleepy during your waking hours.

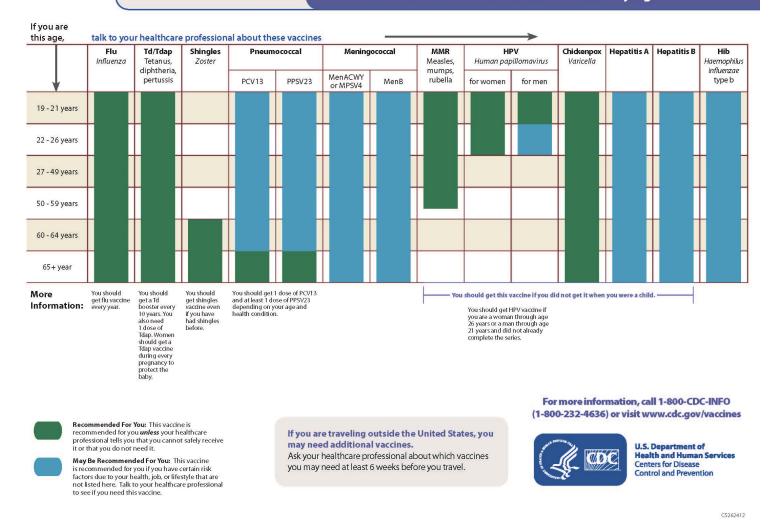




NATIONAL IMMUNIZATION MONTH

INFORMATION FOR ADULT PATIENTS

2016 Recommended Immunizations for Adults: By Age



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