

# WHAT IS SLEEP APNEA?

Sleep apnea is a medical disorder that affects a multitude of individuals from all ages and ethnicities. A common symptom of sleep apnea is when an individual snores.

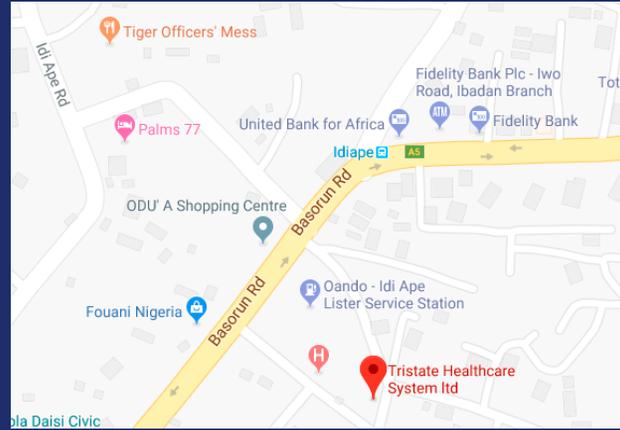
Apnea is defined as a cessation of airflow for greater than 30 seconds. As a result when an individual experiences an apnea event, there is a lack of oxygen flow into the body resulting in many complications. There are two main types of sleep apnea which are:

## Obstructive Sleep Apnea:

When the body is sleeping, the relaxation of the upper airway muscles can cause an obstruction to the airflow of oxygen into the lungs

## Central Sleep Apnea:

When the brain fails to transmit signals to the upper respiratory muscles resulting in a cessation of breathing



**CONTACT US  
FOR ADDITIONAL  
INFORMATION OR TO  
CONDUCT A SLEEP APNEA  
TEST**



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# WHAT ARE THE SYMPTOMS OF SLEEP APNEA?

Cardiac Issues (hypertension, etc.)

Fatigue

Lack of concentration

Liver problems

Impotence in males

Headaches

Worsening of ADHD

## RISK FACTORS

Obesity

Physical Anatomy (short neck, small chin)

Alcohol and sedative use

Smoking

Family History

Narrowed Airway



## TREATMENT

Sleep apnea is treated by administering CPAP (Continuous Positive Airway Pressure) to patients to prevent them from having apneic events. Positive pressure is given via a machine and mask to the patients, preventing the airways from collapsing while they sleep. This will ensure a patient's airway is open and that oxygen flow is uninterrupted.