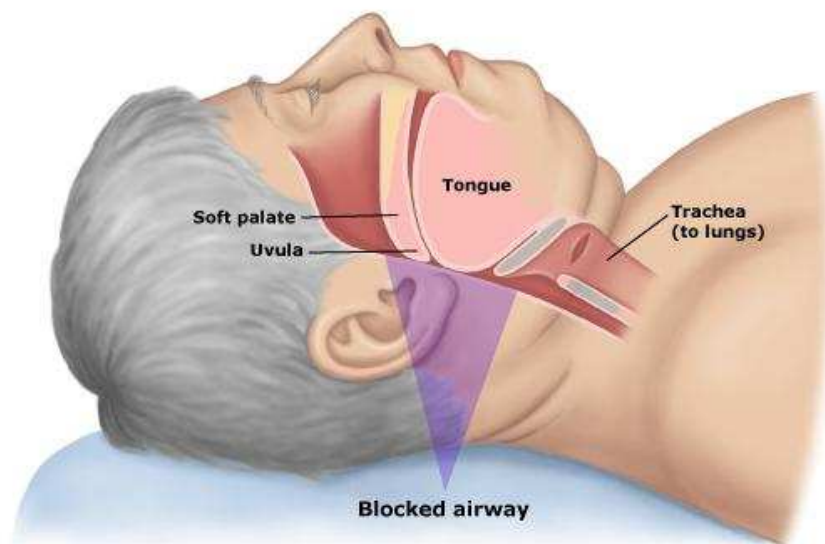


What is “Obstructive Sleep Apnea”?

- Obstructive Sleep Apnea (OSA) is a condition that occurs when a person stops breathing repeatedly during sleep because the upper airway collapses and prevents air from getting into the lungs.

What causes the airway to collapse during sleep?

- Nasal obstruction, enlarged tongue or uvula, tonsils or adenoids, recessed mandible, and obesity can cause obstruction of the upper airway.



How often can a person stop breathing during sleep?

- A person can stop breathing up to 100 times each night in severe cases of sleep apnea.

What happens during sleep apnea or OSA?

- Sleep becomes fragmented, oxygen levels drop, and heart rate becomes variable.

How many people have OSA?

- Sleep apnea is as common as adult asthma. Four in 100 middle-aged men and two in 100 middle-aged women have OSA. As women reach menopause, the ratio increases. Unfortunately, ninety five percent remain undiagnosed and untreated.

What are the most common symptoms of sleep apnea?

- Snoring
- Excessive daytime sleepiness
- Morning headaches
- Waking up gasping for breath
- Recent weight gain or loss

Why do I need treatment for sleep apnea?

- Untreated sleep apnea has health consequences including the following:
 - Excessive daytime sleepiness
 - Non restorative sleep
 - Morning headaches and nausea
 - Problems with memory
 - High blood pressure
 - Heartburn
 - Heart attack (myocardial infarction)
 - Strokes
 - Depression

How is OSA treated?

- The most common treatment is called CPAP or “Continuous Positive Airway Pressure”
- Surgery
- Oral appliance