



Understanding Sleep Apnea and Its Effects on Health

Nicholas Yashi*

Department of Medicine, Flinders University, Adelaide, Australia

*Corresponding author: Nicholas Yashi, Department of Medicine, Flinders University, Adelaide, Australia, E-mail: yashinicholas@gmail.com

Received date: 05 January, 2023, Manuscript No. JOR-23-89438;

Editor assigned date: 09 January, 2023, PreQC No. JOR-23-89438 (PQ);

Reviewed date: 23 January, 2023, QC No. JOR-23-89438;

Revised date: 30 January, 2023, Manuscript No. JOR-23-89438 (R);

Published date: 06 February, 2023, DOI: 10.4172/2324-8785.100039

Description

A sleep disorder called sleep apnea is characterized by frequent breathing pauses while asleep. These interruptions in breathing can occur multiple times throughout the night and can result in a decrease in the amount of oxygen that reaches the brain and the rest of the body.

Obstructive Sleep Apnea

Obstructive sleep apnea (OSA) is a sleep disorder where the muscles in the back of the throat fail to keep the airway open during sleep, resulting in repeated breathing pauses or disruptions throughout the night. These breathing pauses can last anywhere from a few seconds to a few minutes, and can occur many times throughout the night, causing a drop in oxygen levels in the blood. Common symptoms of OSA include loud snoring, gasping or choking during sleep, daytime sleepiness, fatigue, morning headaches, and difficulty concentrating. OSA is more common in people who are overweight, have a large neck circumference, or have a family history of the condition.

Diagnosis of OSA is usually made through a sleep study, which can be done in a sleep lab or with a portable monitoring device at home. Treatment for OSA may include lifestyle changes, such as weight loss, avoiding alcohol and sedatives, and sleeping on one's side. Continuous Positive Airway Pressure (CPAP) therapy is a common treatment option

for OSA, which involves using a machine to deliver air pressure through a mask to keep the airway open during sleep. Other treatments may include surgical procedures to remove or shrink the tissue that is obstructing the airway. Untreated OSA can lead to serious health problems, including high blood pressure, heart disease, stroke, and diabetes. It is important to seek medical attention if you suspect you may have OSA, to receive an accurate diagnosis and appropriate treatment.

Central Sleep Apnea

Central sleep apnea is a sleep disorder in which the brain fails to send proper signals to the muscles that control breathing during sleep. This results in pauses in breathing or shallow breathing during sleep, which can disrupt the quality of sleep and lead to other health problems. Unlike obstructive sleep apnea, which is caused by physical blockages in the airway, central sleep apnea is caused by a failure of the central nervous system to regulate breathing properly during sleep. Central sleep apnea is more commonly found in people who have certain medical conditions, such as heart failure, stroke, and kidney failure, and it can also occur as a side effect of certain medications.

The symptoms of central sleep apnea may include loud snoring, frequent awakenings during the night, waking up with shortness of breath, feeling tired or fatigued during the day, and morning headaches. Treatment for central sleep apnea typically involves addressing the underlying medical condition, modifying sleep habits, and using certain breathing devices, such as a Continuous Positive Airway Pressure (CPAP) machine, to help regulate breathing during sleep.

Conclusion

Treatment for sleep apnea may include lifestyle changes, such as weight loss, avoiding alcohol and sedatives, and sleeping on one's side. Other treatment options may include CPAP therapy, which involves using a machine to deliver air pressure through a mask to keep the airway open during sleep, and surgical procedures to remove or shrink the tissue that is obstructing the airway. It is important to consult a healthcare professional.