

Sleep Apnea

Sleep apnea affects breathing during sleep. It causes breathing to stop for a short time or causes breathing to become shallow.

Causes of sleep apnea:

- Blocked or collapsed airway when throat muscles relax during sleep (obstructive)
- The brain does not tell the lungs to breath (central)

Risks with sleep apnea:

- Heart attack
- Stroke
- Being overweight
- Diabetes
- Heart failure
- Irregular heartbeat

Signs and symptoms of sleep apnea:

- Trouble staying asleep
- Being sleepy or tired during the day
- Getting angry a lot
- Loud snoring
- Headaches in the morning
- Trouble with staying focused
- Forgetfulness
- Mood swings
- Depression

How sleep apnea is treated:

- Losing weight
- Avoiding alcohol or medicines that make you tired
- Using a machine to open your airway while you sleep (CPAP, BIPAP AutoPap)

Steps to getting treated for sleep apnea:

- Have your primary care provider order a sleep consult with a sleep doctor here at Clarke County Hospital via telemedicine
- Have the telemedicine appointment
- Have a home sleep study here at Clarke County Hospital