

You may have heard someone in your household snoring. This is the most common symptom attributed to Sleep Apnea. Sleep Apnea is a dangerous condition that can lead to heart attack, stroke or death.

Sleep Apnea is a condition where your airway is temporarily cut-off for ten seconds or more during sleep. It can happen up to 20 times an hour. That means your body is deprived of oxygen 10-40 seconds or more for up to 20 times an hour. Imagine your body trying to rest while interrupted by oxygen starved fits.

Sleep Apnea is caused by a blockage of the airway and tongue, when the soft tissue in the rear of the throat collapses or closes during sleep. With each apnea event, the brain is aroused during sleep in order to resume breathing; consequently, the sleep is extremely fragmented and of poor quality. Many times you are unaware that your sleep is being interrupted.

About 12 million Americans are affected by Sleep Apnea, according to the National Institute for Health. An astounding 27% of all American couples sleep in separate bedrooms due to excessive snoring.

Untreated Sleep Apnea can cause high blood pressure, weight gain, heart disease, lack of energy and other medical issues. The vast majority of Sleep Apnea conditions remain undiagnosed and therefore untreated, despite the fact that this serious condition can have significant consequences.

Treatment for Sleep Apnea

Perhaps you have already been diagnosed with Sleep Apnea and fitted with a CPAP mask. CPAP is 100% effective IF tolerated. However, about 75% of all people fitted with CPAP either gives up on using the device or find it too uncomfortable to wear. Some people also find the noise of the CPAP machine to be disturbing to others in the household.

Depending upon the severity of the Sleep Apnea, there are a variety of treatments. One of the most comfortable treatments is a specially designed oral appliance, which is fitted and adjusted for each individual's tolerance. This may be covered by the patient's medical insurance.

Think about:

- Sleeping soundlessly
- Sharing a bedroom without loud snoring
- Avoiding debilitating illness such as heart disease, hypertension, weight gain, etc.