

PATIENT EDUCATION CONTENT

SLEEP APNEA

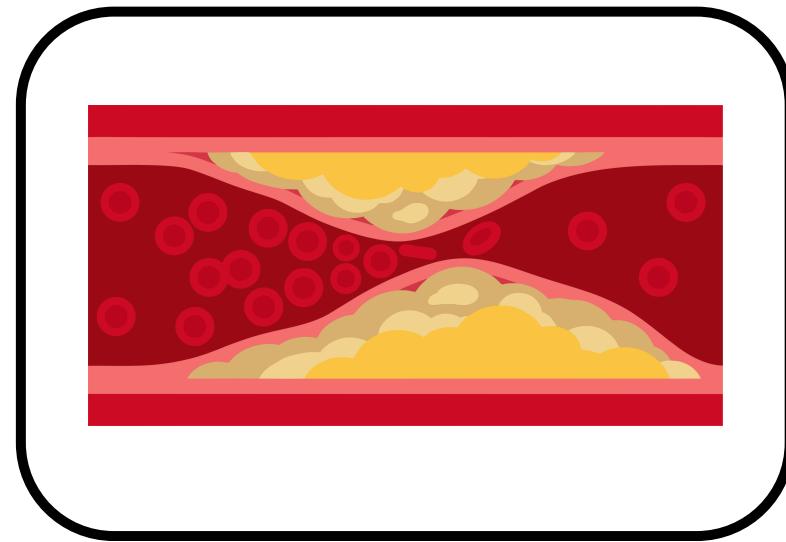
WHAT IS SLEEP APNEA?

Sleep apnea is a sleep disorder where breathing repeatedly stops and starts during sleep, reducing oxygen levels in the body.

RISK FACTORS OF SLEEP APNEA



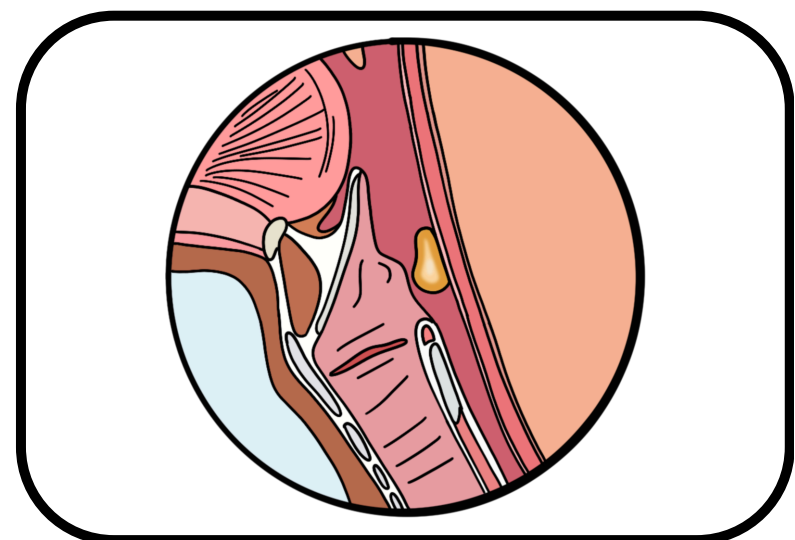
Excess Weight



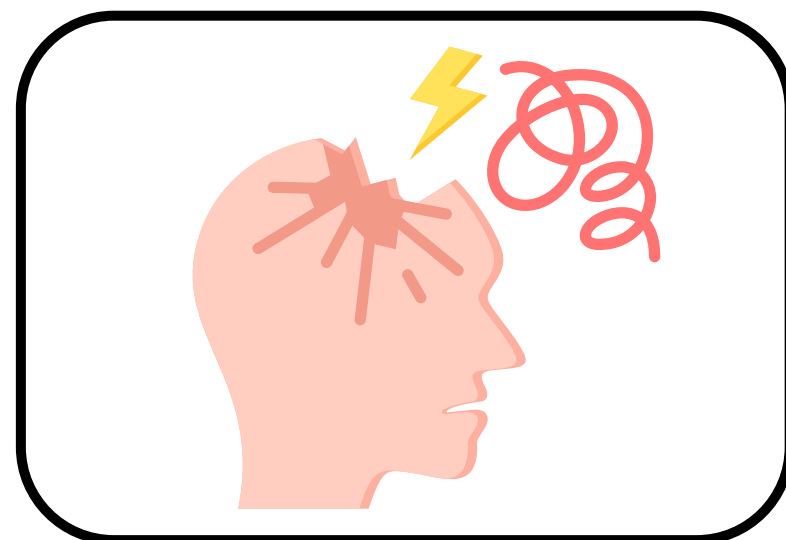
Stroke



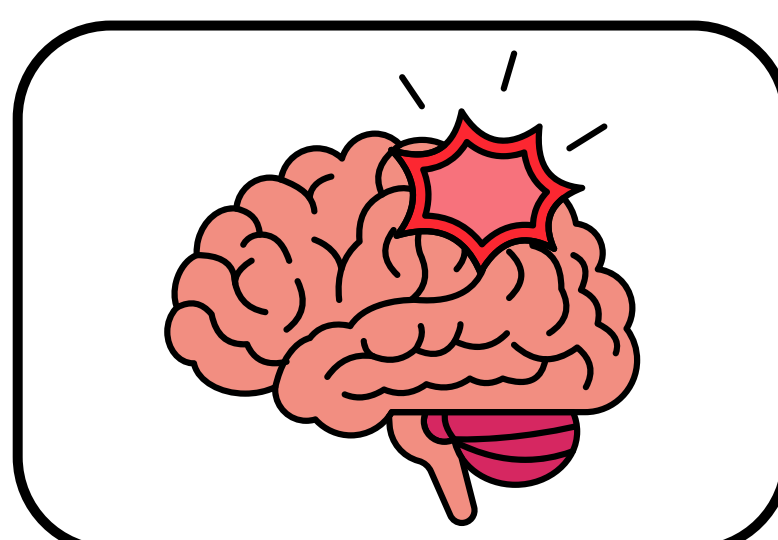
Narrow Throat



Large Tonsils or Adenoids



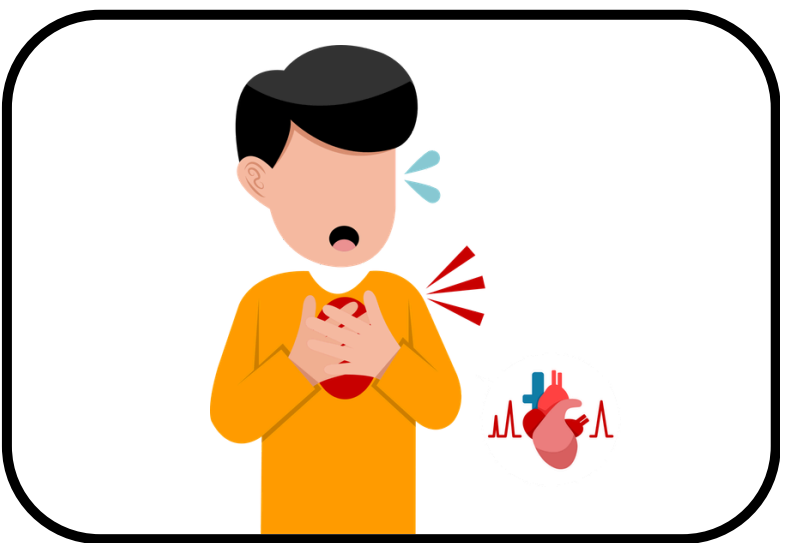
Neurological Disorders



Brain Injury



Aging



Heart Failure



Smoking



NIGHTTIME SYMPTOMS OF SLEEP ALNEA



PAUSES IN BREATHING



UNUSUAL BREATHING PATTERNS



FREQUENT WAKEUPS



SNORING



FEELING RESTLESS AT NIGHT



NIGHT SWEATS

DAYTIME SYMPTOMS OF SLEEP ALNEA



HEADACHES



SEXUAL DYSFUNCTION



MOOD CHANGES



SHORT OF BREATH AT WAKEUP



DAYTIME FATIGUE



TROUBLE CONCENTRATING

TYPES OF SLEEP APNEA



OBSTRUCTIVE SLEEP
APNEA (OSA)



MIXED/COMPLEX
SLEEP APNEA



CENTRAL SLEEP
APNEA(CSA)

TREATMENT FOR SLEEP APNEA



LOSE WEIGHT



AVOID
ALCOHOL OR
MEDICATIONS



ADOPT HEALTHY
SLEEP HABITS



SURGERY



USE A BREATHING
DEVICE

INVESTIGATIONS FOR SLEEP APNEA

BREATHING &
OXYGEN



HEART RATE



BRAIN ACTIVITY



PORTABLE MONITOR



AIRFLOW SENSORS



SLEEP PATTERNS

