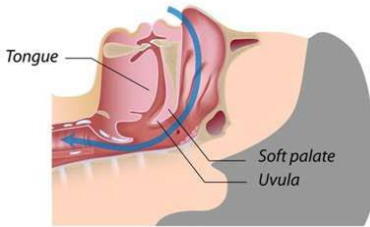


# Sleep Apnea

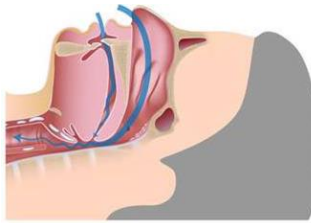
**Sleep Apnea** is a potentially serious sleeping disorder that causes abnormal breathing. People with untreated sleep apnea stops breathing repeatedly throughout the night which causes the brain and the rest of the body to not get enough oxygen.

## Normal Sleep



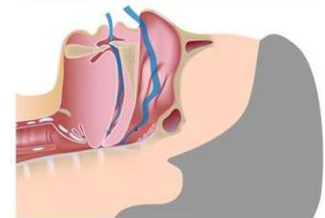
Normal breathing

## Snoring



Partial obstruction of the airway

## Obstructive Sleep Apnea



Fully blocked airway

## Types of Sleep Apnea

### Obstructive sleep apnea (OSA)

The blockage of the airway, usually caused by the soft tissue in the back of the throat that collapses during sleep.

### Central sleep apnea

Unlike OSA, the airway is not blocked. Central sleep apnea occurs when the brain fails to signal the muscles to breathe, due to the instability of the respiratory control system.

## Effects of Sleep Apnea (If left untreated)

- High blood pressure
- Stroke
- Heart failure
- Irregular heart beats
- Heart attacks
- Diabetes
- Depression
- Headaches
- Decrease Sexual Performance
- Slower cognitive abilities
- Decrease in motor functions

## OSA Sleep Apnea Treatment Options

- **Lifestyle changes:** Weight management, quitting smoking, limiting alcohol intake.
- **Positional therapy:** A behavioral technique to change your sleeping position to allow correct breathing during sleep.
- **Oral surgery**
- **Orthodontic treatments**
- **CPAP**

## CPAP(Continuous Positive Airway Pressure) Machine

A CPAP machine increases steady air pressure in your throat so that your airway does not collapse when you breathe in during sleep. Research shows that CPAP decreases daytime sleepiness and increases cognitive performance.



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