

What is Obstructive Sleep Apnea (OSA)?

Obstructive sleep apnea is a common problem that affects a person's breathing during sleep. Apnea means not breathing. A person with OSA has periods during the night where they don't breathe due to the airway collapsing.

Complications of OSA

- High blood pressure
- Heart disease
- Heart attack
- Stroke
- Car accidents
- Work accidents

What are the symptoms of OSA?

Awake

- Wake up not feeling rested
- Morning headache
- Dry or sore throat in the morning
- Daytime sleepiness
- Personality changes
- Problems with memory or concentration

Asleep

- Loud snoring
- Gaspings or choking
- Pauses in breathing
- Sudden or jerky body movements
- Tossing and turning
- Frequent awakenings

How is OSA Diagnosed?

OSA is diagnosed with a sleep study. This can be done at home or in a lab. During the sleep study your breathing, heart rate, sleep state and oxygen levels will be monitored.

How Is OSA Treated?

- CPAP(Continuous Positive Airway Pressure) this is the most frequently used treatment
- Oral Appliances
- Surgery