

Should You Be Tested for Sleep Apnea?

Getting a good night sleep regularly is essential for cardiovascular health. That means everyone, specially with those with Cardiovascular disease should get at least seven hours of good sleep every night.

One common problem is obstructive sleep apnea syndrome, which is marked by brief pauses in breathing,often triggering loud snoring, grunting and gasps and choking noises These repeated breathing disturbances, cause your heart rate and blood pressure to go up, which puts stress on your heart. Unfortunately, sleep apnea goes undetected and untreated many times.

People often don't realize that they are periodically, gasping for air through out. the night, unless your spouse or other family members notice it. Some of the symptoms of sleep apnea include excess snoring, brief periods of pauses in breathing at night, restless legs, insomnia, excessive daytime, sleepiness, and tiredness.

Other symptoms of sleep apnea include trouble with concentration or memory, mood changes, morning headaches, vivid, strange or threatening dreams, and nightmares. Some people are so accustomed to sleep deprivation that they don't realize that it is a problem.

Sleep apnea occurs when tissues in the tongue or throat temporarily narrows or blocks the airway during sleep. While people of all ages and sizes can develop sleep apnea, it is most common in older people and those who are overweight or obese, and also people with heart problems, hard to control blood pressure and diabetes.

One way doctors assistedlikelihood of sleep apnea is with STOP BANG questionnaire

Diagnosing sleep apnea— If you think you might have sleep apnea check with your doctor about an evaluation. Sleep specialist are the best to evaluate this. You may want to ask your doctor for a referral to one,as these specialists are often better able to navigate insurance issues and recommend appropriate testing and treatment.

In the past diagnosing sleep apnea always required an overnight stay in a sleep lab , but nowadays home-based test, which are more convenient and less expensive are the norm. These home tests are recommended for people who have moderate to severe sleep apnea and who don't have other significant medical problems.

Treating sleep apnea. Lifestyle changes that can improve sleep apnea include. 1. Loosing weight,if needed 2. Avoiding alcohol within three hours of bedtime. 3. Not taking medication that relax your muscle in the evening. 4. Treating nasal congestion with medication or home remedy. 5. Sleeping on your side or elevating your head.

People with moderate severe apnea often need positive air pressure otherwise called CPAP therapy, which uses a small machine to deliver pressurized air through a mask covering your nose and sometimes your mouth to keep your air way open as you sleep.

Even people with mild sleep apnea, who feels sleepy during the day may benefit from CPAP.Anyway, talking to your physician is the best option for you.

Dr Keshava Aithal

ಊಃ 8 Double o