

## Central Sleep Apnea and Its Symptoms

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### DESCRIPTION

Central Sleep Apnea (CSA) is when breathing stops repeatedly while sleep because our brain failed to send signals to the muscles to take in air. It differs from obstructive sleep apnea, a condition in which our ability to breathe is obstructed. However, it is possible to develop mixed sleep apnea, which is both types of apnea. A significant sickness, especially one that affects to our lower brainstem, which regulates breathing, is frequently the cause of central sleep apnea. Breathing pauses within 20 seconds are common in very young babies who have central sleep apnea.

### Central sleep apnea symptoms

Breathing pauses are the predominant sign of CSA. In contrast to obstructive sleep apnea, it typically doesn't produce snoring.

**Symptoms include:** Muscle pain during the day; waking up at night time; hypnic headaches; poor concentration; memory and mood issues; incapacity to exercise as much as usual.

### Central sleep apnea causes and types

Central sleep apnea comes in a variety of forms, each with a unique reason. Breathing in a Cheyne-Stokes pattern involves rapid breathing that slows down, stops, and then restarts. These cycles can each last between 30 seconds and 2 minutes. People who have experienced a heart attack or a stroke frequently have Cheyne-Stokes breathing. It occurs in around 50% of cases of central sleep apnea.

**Central sleep apnea brought on by drugs:** Codeine, oxycodone, and other opioid drugs can alter our respiratory patterns.

**High-altitude periodic breathing:** Many people experience breathing difficulties when they climb to high elevation, frequently 2,500 meters (8,000 feet) or above. When receiving positive airway pressure therapy for obstructive sleep apnea, 5% to 15% of patients develop treatment-emergent CSA.

**Apnea caused by a medical problem:** CSA can be brought on by medical conditions such Parkinson's disease, kidney failure, heart failure, and stroke. When there is no apparent explanation, it is called idiopathic (primary) central sleep apnea. Congenital Central Hypoventilation Syndrome (CCHS), sometimes known as Undine's curse is a condition that is related. Around the world, it affects around one in 200,000 kids.

### Central sleep apnea risk factors

Each type of sleep apnea is common and can affect anyone. Older persons, especially those over 65, are more likely to have central sleep apnea. They could be more susceptible to developing CSA due to certain medical issues or sleeping habits. Men are more likely to develop central and obstructive sleep apnea than women. Conditions that may be linked to central sleep apnea include:

- Congestive heart failure
- Hyperthyroidism
- Kidney disease
- Neurological conditions such Lou Gehrig's disease, Alzheimer's disease, and Amyotrophic Lateral Sclerosis (ALS)
- Injury, stroke, or encephalitis that results in brainstem damage

### Central sleep apnea treatment

Depending on the reason of apnea, treatment may require quitting an opioid drug or taking medication for heart failure. We may feel better after receiving some general sleep apnea treatments.

- Maintain a healthy weight
- Steer clear of drugs that can impair our ability to breathe while we sleep, such as alcohol and sleeping pills.
- If have nasal congestion or sinus issues, use nasal sprays or breathing strips to keep airways open.
- Get lots of rest.

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