

Excessive Daytime Sleepiness due to Sleep Apnea

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DESCRIPTION

Sleep apnea is a disorder that causes us to stop breathing while asleep. Our brain tries to protect us by waking up enough to breathe, but this keeps us from getting a good night's sleep. This issue can develop into major consequences over time. When our breathing frequently stops and starts while when we are asleep, we have a significant sleep problem called sleep apnea. If left untreated, it may result in loud snoring, excessive daytime sleepiness, or more serious issues including high blood pressure or heart problems. Untreated severe sleep apnea has a more severe effect on life expectancy: It roughly doubles our mortality risk. According to Johns Hopkins Medicine that studies have shown that sleep apnea often reduces life expectancy by several years.

A marginally significant dose-response connection has been shown between sleep apnea and an elevated risk of cardiovascular mortality and all-cause sudden death, with people with severe sleep apnea having the highest mortality risk.

Central, obstructive, and complicated sleep apnea are the three types. Among them, Obstructive Sleep Apnea (OSA) is the most prevalent. Obstructive sleep apnea, a type of sleep condition, is frequently linked to snoring. Not all snorers have OSA, but if any of the symptoms listed below are present in addition to snoring, it may be time to consult a doctor for additional OSA evaluation:

- Breathing pauses while sleeping were observed.
- Excessive daytime sleepiness.

Weight growth and obesity can both be influenced by obstructive sleep apnea. According to studies, over 40% of persons who are fat also have obstructive sleep apnea, and 70% of those who have the condition are obese. Sleep apnea raises the risk of dementia greatly, especially for alzheimer's and parkinson's diseases, but not for vascular dementia. Future

studies should examine how sleep apnea affects particular dementia biomarkers.

Our body releases stress chemicals when we stop breathing while sleeping. According to the American Heart Association, these hormones can cause high blood pressure, strokes, and heart disease in people who have obstructive sleep apnea. Heart attacks, strokes, and blood clots in the legs are all risks associated with sleep apnea.

The pathogenesis of cognitive abnormalities in Obstructive Sleep Apnea Syndrome (OSAS) patients has been well demonstrated, yet there is typically little correlation between OSA severity and cognitive deficits. An electrical issue causes our heart to stop pumping blood to our body during cardiac arrest. Without blood, we lose consciousness and lose our pulse. Sudden cardiac arrest, or cardiac arrest, can result in death within fatal minutes. Signs and symptoms of obstructive sleep apnea include:

- Excessive daytime sleepiness.
- Loud snoring.
- Observed episodes of stopped breathing during sleep.
- Abrupt awakenings accompanied by gasping or choking.
- Awakening with a dry mouth or sore throat.
- Morning headache.
- Difficulty concentrating during the day.
- Treatment.
- Lose weight if an individual are overweight.
- Exercise regularly.
- Drink alcohol moderately, if at all, don't drink in the hours before bedtime.
- Quit smoking.
- Use a nasal decongestant or allergy medications.
- Don't sleep on back.
- Avoid taking sedative medications such as anti-anxiety drugs or sleeping pills.

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