

Types of Sleep Apnea and Factors Causing this Disease and Symptoms

Martin Robert*

Department of Psychology, University of Bielefeld, Bielefeld, Germany

DESCRIPTION

Sleep is a fundamental aspect of human health, crucial for physical, mental, and emotional well-being. However, for many individuals, the quality of their sleep is compromised by a condition known as sleep apnea. Sleep apnea is a common yet potentially serious sleep disorder that can have significant consequences if left untreated. This article aims to shed light on sleep apnea by discussing its causes, symptoms, and available treatments.

Types of sleep apnea

Sleep apnea is a sleep disorder characterized by repetitive interruptions in breathing during sleep. These interruptions, called apneas, occur when the muscles at the back of the throat relax excessively, leading to a temporary closure or narrowing of the airway. As a result, the affected individual experiences reduced airflow or a complete pause in breathing, which can last for several seconds to minutes.

There are three main types of sleep apnea:

Obstructive Sleep Apnea (OSA): This is the most common type, where the airway is blocked or partially blocked due to relaxed throat muscles or tissues.

Central sleep apnea: In this type, the brain fails to send proper signals to the muscles that control breathing, causing pauses in breathing.

Complex sleep apnea syndrome (Mixed sleep apnea): Also known as treatment-emergent central sleep apnea, this type is a combination of both obstructive and central sleep apnea.

Causes of sleep apnea

Several factors can contribute to the development of sleep apnea. These include:

Excess weight: Obesity is a major risk factor for sleep apnea, as the extra fat tissue can constrict the airway.

Anatomical factors: Certain physical traits, such as a narrow throat, enlarged tonsils, or a large tongue, can obstruct the airway.

Age: Sleep apnea becomes more common as people age, as muscle tone in the throat naturally decreases.

Gender: Men are more likely than women to have sleep apnea.

Family history: Genetic predisposition can play a role in the development of sleep apnea.

Alcohol and sedative use: These substances relax the muscles in the throat, increasing the risk of airway obstruction.

Symptoms of sleep apnea

Sleep apnea can have a range of symptoms, which may vary in severity. Common symptoms include:

Loud snoring: Often the most noticeable symptom, especially in obstructive sleep apnea.

Pauses in breathing: Witnessed by a bed partner or family member.

Excessive daytime sleepiness: Individuals with sleep apnea often feel excessively tired during the day, leading to reduced productivity and increased accident risk.

Morning headaches: Due to decreased oxygen levels during the night.

Difficulty concentrating: Memory and cognitive problems may arise from disrupted sleep patterns.

Irritability and mood changes: Sleep apnea can lead to emotional disturbances.

Treatment options

Effective treatment for sleep apnea depends on the severity and type of the condition. Treatment options include:

Lifestyle changes: Losing weight, avoiding alcohol and sedatives, and sleeping on one's side can help alleviate mild sleep apnea.

Continuous Positive Airway Pressure (CPAP): This is a common treatment for moderate to severe sleep apnea. It involves wearing a mask over the nose and/or mouth that delivers a continuous flow of air to keep the airway open.

Correspondence to: Martin Robert, Department of Psychology, University of Bielefeld, Bielefeld, Germany, E-mail: martin.rbt@bielefeld.de

Received: 10-Jul-2023, Manuscript No. JSJT-23-26210; **Editor assigned:** 12-Jul-2023, PreQC No. JSJT-23-26210 (PQ); **Reviewed:** 26-Jul-2023, QC No. JSJT-23-26210; **Revised:** 03-Aug-2023, Manuscript No. JSJT-23-26210 (R); **Published:** 11-Aug-2023, DOI: 10.35248/2167-0277.23.12.463

Citation: Robert M (2023) Types of Sleep Apnea and Factors Causing this Disease and Symptoms. J Sleep Disord Ther. 12:463.

Copyright: © 2023 Robert M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Oral appliances: These devices help reposition the jaw and tongue to keep the airway open.

Surgery: Surgical interventions may be recommended in cases of severe sleep apnea or when other treatments have been ineffective. Procedures may include removing excess tissue, repositioning the jaw, or implanting devices to stimulate the airway muscles.

Lifestyle modifications: These include maintaining a healthy weight, exercising regularly, avoiding smoking, and practicing good sleep hygiene.

CONCLUSION

Sleep apnea is a prevalent sleep disorder that can significantly impact an individual's quality of life and overall health. Recognizing the symptoms and seeking appropriate treatment is crucial for managing the condition and preventing potential complications.