

# WHAT IS SLEEP APNEA?

Sleep apnea is a sleep disorder in which a person's breathing repeatedly stops and starts or becomes shallow while sleeping. It is characterized by snoring, gasping during sleep, or abruptly waking in the middle of the night.

There are 3 types of sleep apnea: obstructive sleep apnea (OSA), which is caused when you muscles or tongue block your airway, central sleep apnea (CSA) which is caused by miscommunication between your brain and the muscles that control breathing, and complex sleep apnea syndrome which is caused by a combination of these two.



# HOW IS SLEEP APNEA DIAGNOSED?

Dr. Yoo will use a combination of a sleep study, blood tests, past medical history, evaluation of symptoms, and physical exams to diagnose a patient.

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# SLEEP APNEA

Informational  
Pamphlet

## CAUSES OF SLEEP

### APNEA:

Sleep apnea can be caused by other medical conditions or just by body structure. Neuromuscular disorders such as stroke or myasthenia gravis and endocrine disorders such as polycystic ovary syndrome or hypothyroidism can cause sleep apnea. Enlarged tonsils, heart failure, kidney failure, obesity and genetics can all cause sleep apnea.

## SYMPTOMS OF SLEEP

### APNEA:

Symptoms of sleep apnea include:

- impaired alertness
- difficulty staying asleep
- excessive daytime fatigue and sleeping
- headaches when waking up
- dry mouth when waking up
- irritability

## TREATMENTS FOR

### SLEEP APNEA:

Treatment of sleep apnea can include a combination of lifestyle changes, breathing devices, mouthpieces, and surgical procedures depending on the severity of the condition.

A CPAP machine is the main treatment for obstructive sleep apnea. It regulates breathing by providing a constant stream of air via a mask. Central sleep apnea can be treated by implanting a device that uses electrical impulses to stimulate the diaphragm.

### RISK FACTORS:

Risk factors that may lead to sleep apnea may include:

- obesity
- large tonsils
- older age (over 40)
- smoking
- family history of sleep apnea
- history of heart disorders or stroke

## ADDITIONAL

### RESOURCES:

For more information, please refer to these websites:

[www.sleepapnea.org](http://www.sleepapnea.org)



[www.mayoclinic.org](http://www.mayoclinic.org)

