



Sleep Apnea/Snoring



What is it?

*Blockage of the airway passages in the back of the nose and throat

-excess neck tissue- caused by obesity

-stuffed nose- caused by allergies, cold

*Sleep Apnea- stop breathing for 10-15 seconds during sleep, snore loudly

*Insomnia- inability to fall asleep, more than 45 to 50 minutes to fall asleep

-awakening early in morning, anxiety, chronic pain, depression,
physical disorders



Facts:



*Snoring- 50% of adults snore occasionally, 25% snore nightly

-less alert during the day, sleepy

-disrupts others from sleeping

*Some people who snore have sleep apnea

*Breathing- should be automatic, controlled by the center in the brain and

responds to carbon dioxide and oxygen in the blood

-if abnormal breathing can STOP for prolonged periods

-if stopped during sleep is sleep apnea



What can I do?

*See your Physician- examination of nose, mouth, throat

-Test for Sleep Apnea- placing an electrode on the earlobe or finger

-measuring the oxygen concentration in the blood

-electrode in one nostril to measure airflow

-gauge on the chest to measure the breathing motion

*See RD for help as needed *See FFF RD on line for help

*Exercise daily, maintain a healthy weight, improve muscle tone,

*AVOID- exercise, smoke, caffeine, antihistamines, alcohol,
gassy foods, sleeping pills and eat a light supper 2-3 hours before bedtime

*Drink 4-6 ounces of warm milk with vanilla wafers or
graham crackers before bedtime

*Sleep on your side, not your back- put a pillow behind your back

*Relax- take a warm bath, read, listen to music, sex, massage