

What is Sleep Apnea?

The word apnea means no breathing. Sleep apnea refers to pauses in breathing that occur while you sleep. These pauses last for 10 to 30 seconds, possibly longer, until the body reacts with a bigger breathing effort to overcome the problem. This cycle happens over and over throughout the night, interfering with the normal sleep pattern that we need to feel rested and refreshed in the morning.

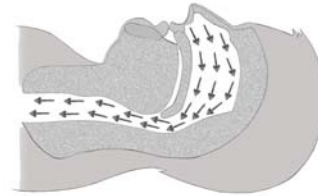
Is Sleep Apnea Common?

Yes, it is common.

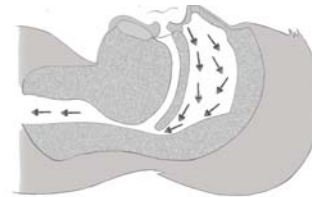
- 1 of every 5 adults has at least mild sleep apnea (20%).
- 1 of every 15 adults has at least moderate sleep apnea (6.6%).
- 2 to 3% of children are likely to have sleep apnea.

The Obstructive Sleep Apnea Cycle

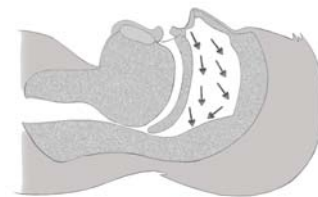
1. Quiet Breathing
-air moves in and out easily



2. Snoring
-partly collapsed airway
-air moves less easily



3. Silence - Apnea
-completely collapsed airway
-no air movement



This cycle is repeated over and over, robbing you of restful sleep.

Take the sleepiness test



The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would affect you.

Use the following scale to choose the most appropriate number for each situation:

- 0 = would never doze
- 1 = *slight* chance of dozing
- 2 = *moderate* chance of dozing
- 3 = *high* chance of dozing

Situation	Chance of Dozing
Sitting and reading	_____
Watching TV	_____
Sitting, inactive in a public place (e.g. theatre or meeting)	_____
As a passenger in a car for an hour without a break	_____
Lying down to rest in the afternoon when circumstances permit	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch without alcohol	_____
In a car, while stopped for a few minutes in traffic	_____
Total	_____

A score of 10 or more means you need to talk to your doctor about your sleepiness

Signs and Symptoms of Sleep Apnea

You may have sleep apnea without knowing it. Sleep apnea develops over many years.

The two main symptoms are:

1. Excessive daytime sleepiness that cannot be explained
2. Snoring with pauses in breathing

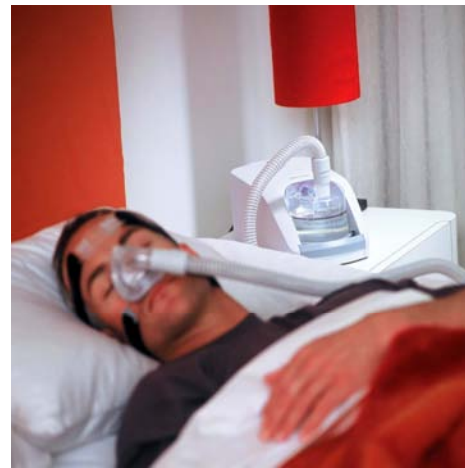
Other frequent symptoms include:

1. High blood pressure
2. Irritability
3. Gasping or choking during sleep
4. Fatigue
5. Depression
6. Lack of concentration
7. Morning headaches
8. Memory loss
9. Impotence

How is Sleep Apnea Treated?

The goal of any treatment for sleep apnea is to prevent airway collapse during sleep.

Continuous positive airway pressure (CPAP) is the best way to open the airway. CPAP is produced by a machine called a flow generator. This pressure is then delivered to your airway through tubing and a mask on your face. The mask is held in place by a headgear.



Are you always sleepy during the day?



Do you have trouble concentrating?

Have you been told that you snore?

Are you overweight?

Do you have high blood pressure?

It could be **sleep apnea.**

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SLEEP APNEA



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