

HOME | OSA | INQUIRY

# Sleep Therapeutics



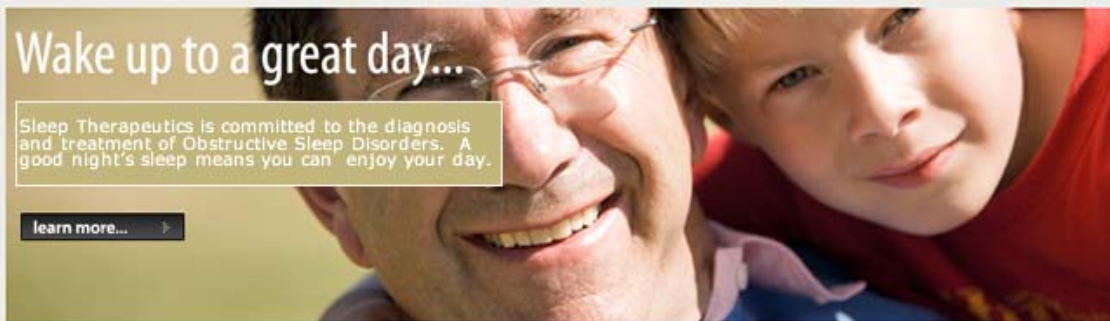
Wake up to a great day.



- HOME
- About Sleep Apnea
- Testing and Diagnosis
- Treatment
- Children & Teens
- Testimonials
- CPAP Accessories
- CPAP Tips
- Contact Us
- Resources
- Blog
- Newsletter
- Research
- Inquiry
- Sleep Wellness



Wake up to a great day!!



## What is Obstructive Sleep Apnea (OSA)?

Obstructive Sleep Apnea (OSA) is a sleep disorder that causes a person to stop breathing frequently during sleep.

Signs that you may have OSA or be at risk for developing OSA

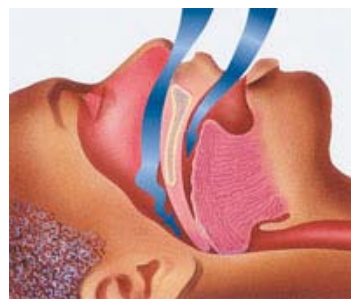
- Your partner observes loud snoring and gaps in breathing
- You find yourself fatigued or excessively sleepy during the day
- You have a neck size greater than 17" (male) or greater than 16" (female)
- You're overweight
- You have a history of Hypertension

Patients with OSA suffer experiences of restless, broken and non-restorative sleep. In severe cases, people are awakened hundreds of times during the night. Most people are completely unaware of these sleep interruptions.

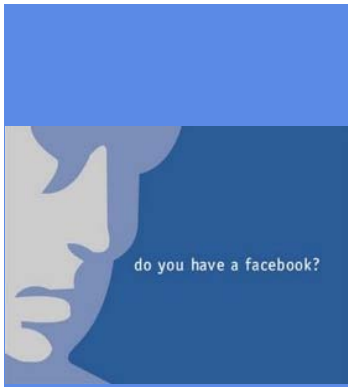
Sleep apnea is a potentially life threatening condition that can be easily diagnosed and effectively treated. Untreated, OSA tends to get progressively worse. It is important to discuss this issue with your family doctor.



Normal Sleep



Obstructed Sleep



### Did you know?

During an average night's sleep, an obstructive sleep apnea sufferer may experience 60 apneas an hour, or 400 per night. Data has shown that the risk of long-term mortality increases when patients experience 20 or more apneas per hour.

*"OSA sufferers are three times more likely to have automobile accidents than non-sufferers. In fact, according to a study conducted by the University of California, San Diego School of Medicine, each year, 980 lives could potentially be saved and \$11.1 billion in automobile accident costs could be avoided if drivers who suffer from OSA received successful sleep apnea treatment."*

### What are the risks of untreated Sleep Apnea?

- High blood pressure
- Heart disease
- Depression
- Symptoms of menopause
- Stroke
- Diabetes
- Fatigue-related motor vehicle and work accidents
- Decreased concentration and memory
- Decreased quality of life

### Does it mean I have sleep apnea because I snore?

A small amount of airway blockage will result in snoring. However, just because you snore - doesn't mean you have OSA. Snoring is the vibration that results from air passing through a partially narrowed airway. In a person with OSA, the narrowing of the airway is far more significant and sometimes causes a complete reduction of airflow to the lungs. People with OSA will either partially or completely awaken during these periods. Most are completely unaware this happens.

### What causes the throat to narrow and create snoring or OSA?

There are several different causes. Some of these include: increasing age, obesity, and nose or throat problems. Alcohol consumption and sleeping tablets relax the airway muscles potentially causing, or worsening snoring and OSA.

[HOME](#) | [Obstructive Sleep Apnea](#) | [Testing and Diagnosis](#) | [Treatment](#) | [Children & Teens](#) | [Testimonials](#) | [CPAP Accessories](#)

[CPAP Tips](#) | [About Us](#) | [Contact Us](#) | [Resources](#) | [Multimedia](#) | [Blog](#) | [Seminars](#) | [Newsletter](#) | [Research](#) | [Inquiry](#) | [Sleep Wellness](#)

#### Locations

[Edmonton AB](#) | [Toronto Midtown ON](#) | [Thornhill ON](#) | [Durham ON](#) | [NS HRM Locations: Lower Sackville](#) | [Dartmouth](#)

[Truro, NS](#) | [Bridgewater, NS](#)

#### Comments?

© Sleep Therapeutics 2010