

Learn how to reduce the effect of sleep apnea using 3 doctor's

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By Ebe Heng

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This article would not be able to issue a cure for sleep apnea but it can highlight some solutions you can go to to get rid of it!

The Greek word "apnea" literally means "without breath." So, in a nutshell sleep apnea means sleeping without breathing.

People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer.

Untreated, sleep apnea can cause high blood pressure and other cardiovascular disease, memory problems, weight gain, impotency, and headaches. Moreover, untreated sleep apnea may be responsible for job impairment and motor vehicle crashes.

There are three solutions used effectively to reduce the effects of sleep apnea.

1. Physical or Mechanical Therapy

Nasal continuous positive airway pressure (CPAP) is the most common effective treatment for sleep apnea. In this procedure, the patient wears a mask over the nose during sleep, and pressure from an air blower forces air through the nasal passages. The air pressure is adjusted so that it is just enough to prevent the throat from collapsing during

sleep. The pressure is constant and continuous. Nasal CPAP prevents airway closure while in use, but apnea episodes return when CPAP is stopped or it is used improperly.

2. Surgery

Some patients with sleep apnea may need surgery. Although several surgical procedures are used to increase the size of the airway, none of them is completely successful or without risks. More than one procedure may need to be tried before the patient realizes any benefits.

Some of the more common procedures include removal of adenoids and tonsils (especially in children), nasal polyps or other growths, or other tissue in the airway and correction of structural deformities. Younger patients seem to benefit from these surgical procedures more than older patients.

Uvulopalatopharyngoplasty (UPPP) is a procedure used to remove excess tissue at the back of the throat (tonsils, uvula, and part of the soft palate). The success of this technique may range from 30 to 60 percent. The long-term side effects and benefits are not known, and it is difficult to predict which patients will do well with this procedure.

Somnoplasty is a procedure that uses radiowaves to reduce the size of some airway structures such as the uvula and the back of the tongue. This technique is being investigated as a treatment for apnea.

3. Non-specific Therapy

Behavioral changes are an important part of the treatment program, and in mild cases behavioral therapy may be all that is needed. Overweight persons can benefit from losing weight. Even a 10 percent weight loss can reduce the number of apneic events for most patients. Individuals with apnea should avoid the use of alcohol and sleeping pills, which make the airway more likely to collapse during sleep and prolong the apneic periods. In some patients with mild sleep apnea, breathing pauses occur only when they sleep on their backs. In such cases, using pillows and other devices that help them sleep in a side position may be helpful.

These three solutions are information on what can be done to

reduce sleep apnea effect, to better your knowledge in this area.. To really cure your sleep apnea, you would still need to consult a doctor.

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Symptoms Of Sleep Apnea

By Alan Schill

It is often hard to differentiate between snoring and a serious medical condition known as sleep apnea. However, there are definitive symptoms of sleep apnea if you know what to look for. Snoring, for instance, is a distracting occurrence caused by vibrations from fatty tissues rubbing against the back of the throat.

Sleep apnea is much more serious and may be recognized by the presence of heavy snoring, pauses between breaths, etc. A spouse may be the best source of information relating to these, but the apnea sufferer will instantly recognize the absence of breath through the night.

One of the symptoms of sleep apnea is the complete loss of air on multiple occasions throughout the night. It is a known fact that sufferers actually stop breathing on more than one occasion.

As a result, the sufferer may awake short of breath, choking or gasping for air, etc. They may not realize what has happened at first, but may start to recognize a pattern of shortness of breath and discomfort during the night.

Sleep apnea is often recognized in other ways, as well. One of the less obvious symptoms of sleep apnea is fatigue, which is also present in so many other ailments. Fatigue exists due to the disruption of sleep and/or inability to fall asleep. Additional symptoms of sleep apnea may include headaches, the inability to concentrate on everyday activities, exhaustion, irritability, etc.

The symptoms of sleep apnea are noticeable if you are familiar with them. However, even if symptoms of sleep apnea are present, only a physician can properly diagnose the disorder. A series of questions and a sleep study may be ordered during the evaluation period.

It is very important to receive an early diagnosis because, if left untreated, sleep apnea can lead to other serious medical conditions. Among them, heart disease, an increased risk of a stroke and more.

This article is intended for informational purposes only. It should not be used as, or in place of, professional medical advice. Before beginning any treatment for snoring, please consult a doctor for a proper diagnosis and remedy.

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