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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Sleep Apnea – Dealing With This Common Sleep Disorder**

**By George Royal**

One of the most well-known sleep disorders, sleep apnea is a fairly common condition. Marked by interruptions in breathing during sleep, sleep apnea causes the person suffering from this condition to wake up, or partially wake, several times during the night. Because of the frequency of these interruptions in breathing, a person with sleep apnea will have trouble getting a restful night's sleep, causing them to feel the effects of sleep deprivation during their waking hours.

Two types of sleep apnea have been diagnosed: obstructive sleep apnea (OSA) and central sleep apnea. OSA is caused by the soft palate becoming so relaxed that it actually blocks off the breathing passageway, while central sleep apnea is caused by the brain relaxing to the point that it does not remind the body to breathe. While both types can cause interruptions to breathing on their own, most people with sleep apnea actually have mixed apnea, which is a combination of both forms.

Sleep apnea is sometimes difficult to diagnose, simply because it only strikes while the person is asleep and won't notice that it is happening. Because most people with sleep apnea awake only partially - not fully - so they do not actually notice that they have had their sleep cycle interrupted. Thus, if someone wants to determine if they have sleep apnea, they will have to look for the symptoms.

The most common symptom of sleep apnea is excessive sleepiness upon waking. Because the sleep cycle is being interrupted, the person is not refreshed during the night and will wake up feeling lethargic, fatigued, or even feel like they need to go back to bed for another round of sleep. Also, people with sleep apnea almost always snore; often very loudly. However, a person does not necessarily have to show these symptoms to have sleep apnea. In fact, a bed partner may be the only person to notice the interruptions in breathing during the night.

Additionally, people with sleep apnea are often overweight to obese, so treatment usually involves helping people to lose weight. Treatment can also include eliminating alcohol or other substances that help people relax, quitting smoking, using special pillows or other appliances that help keep the airways open, or even special apparatus that uses air pressure to keep the airways open. This last form of treatment, continuous pressure airway pressure (CPAP), uses a breathing mask to pressurize the airways and inflate them, almost like a balloon. Though this form of treatment is more than a little

disconcerting at first, they quickly get used to the mask and find that they feel much more alert in the morning.

Sleep apnea is very difficult for a person to self-diagnose but, once the problem is found, there are treatments available. But for people who are overweight and have large necks, smoke, use sedatives or muscle relaxers, or just drink too much alcohol, lifestyle changes would be the best place to start either keeping sleep apnea away or treating it before it becomes a major health concern. After all, not breathing is a problem whenever it happens. So by treating sleep apnea now, sufferers can keep performing the one act they need to perform every day and every night.

Sleep HQ

<http://sleephq.com/>

your guide to sleep apnea and getting a good night's sleep.

### **Treating Sleep Deprivation With CPAP**

**By Gabriel Adams**

Sleep deprivation is an all too common affliction - millions of people around the world suffer from some kind of sleep disorder or disturbance. Still many others suffer from sleep deprivation from other factors, such as a snoring bed partner.

Sleep deprivation can have a variety of symptoms, including sleepiness during the day, fatigue, irritability, headaches, lack of concentration, weight gain, mood changes, and others.

Two of the most common sleep disorders, sleep apnea and snoring, can be treated using CPAP, or Continuous Positive Airway Pressure.

Sleep apnea is a disorder which causes a person to stop breathing for short periods (10 seconds or more) during their sleep. Sleep apnea may be caused by a restriction of the airways, or it may be caused by a lapse in the signals from the brain which trigger breathing. Sleep apnea can cause serious symptoms, in some cases even cause death, if it is not treated. Snoring is not technically a disorder, but as everyone knows, it is an aggravation!

As mentioned earlier, Continuous Positive Airway Pressure is an effective treatment for both snoring and sleep apnea. However, CPAP is only effective for treating sleep apnea when it is caused by a restriction in the airways (called Obstructive sleep apnea, or OSA). Sleep apnea may also be caused by a break in signals from the brain to breath.

CPAP, or Continuous Positive Airway Pressure uses a special machine to feed pressurized air to the patient via a special mask. By keeping the airflow at a set pressure, the patients airways are kept from being restricted. The air pressure is normally set by a sleep technician at a sleep clinic. Once the machine is set, the patient may use it at home. The correct pressure is determined by the pressure that

removes the most incidents of apnea or snoring.

CPAP is very effective in treating sleep apnea or snoring. In many cases, the condition can be completely mitigated.

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