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Menopause, Andropause And Other Hormone Imbalances
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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 recognize 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 on 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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<http://www.SleepGenie.com>

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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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