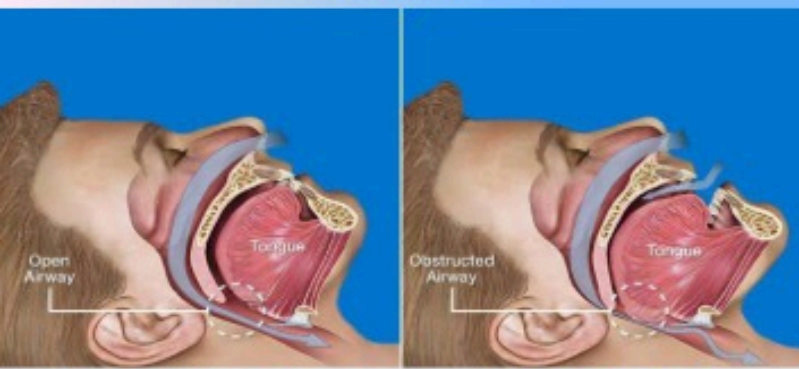


Sleep Apnea

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain -- and the rest of the body may not get enough oxygen.



Non-Obstructed Airway

Obstructed Airway

ARE YOU SUFFERING FROM:

Fatigue



Diabetes



Snoring

Excessive Day time Sleepiness



Obesity



High B.P.

The reason could be Obstructive Sleep Apnea.

Risk factors for Sleep Apnea

- Being male
- Being overweight
- Advancing age also reduce the upper airway muscle tone, leading to obstruction.
- Physical abnormalities Having large tonsils, a large tongue, or a small upper airway
- Having a family history of sleep apnea
- Other causes hypothyroidism , acromegaly and marfan's syndrome

Dr. Faizan Ahmad

Complications of OSA

- High blood pressure
- Stroke
- Heart failure, irregular heart beats, and heart attacks
- Diabetes
- Depression and Headaches

Check this out

- Do you snore?
- Do you feel sleepy during daytime?
- Do you have moodfluctuations?
- do you wake up gasping for breath?
- Have you ever fallen a sleep while driving
- Are you fresh in the morning?