



HEALTH INFORMATION

Sleep Apnoea

Sleep apnoea affects the way you breathe when you're sleeping. In untreated sleep apnoea, breathing is briefly interrupted or becomes very shallow during sleep.

These breathing pauses typically last between 10 to 20 seconds and can occur up to hundreds of times a night. Untreated sleep apnoea prevents you from getting a good night's sleep. When breathing is paused, you're jolted out of your natural sleep rhythm. As a consequence, you spend more time in light sleep and less time in the deep, restorative sleep you need to be energetic, mentally sharp, and productive the next day.

Major signs and symptoms of sleep Apnoea

- Loud and chronic snoring
- Choking, snorting, or gasping during sleep
- Long pauses in breathing
- Daytime sleepiness, no matter how much time you spend in bed

Home remedies and lifestyle modifications can go a long way in reducing sleep apnoea symptoms

- Lose weight
- Quit smoking
- Avoid alcohol, sleeping pills, and sedatives, especially before bedtime
- Avoid caffeine and heavy meals within two hours of going to bed
- Maintain regular sleep hours. Sticking to a steady sleep schedule will help you relax and sleep better

Other common signs and symptoms of sleep apnoea

- Waking up with a dry mouth or sore throat
- Morning headaches
- Restless or fitful sleep
- Insomnia or night-time awakenings
- Going to the bathroom frequently during the night
- Waking up feeling out of breath
- Forgetfulness and difficulty concentrating
- Moodiness, irritability, or depression

Bedtime tips for preventing sleep apnoea

- Sleep on your side. Avoid sleeping on your back, as gravity makes it more likely for your tongue and soft tissues to drop and obstruct your airway
- Try the tennis ball trick. In order to keep yourself from rolling onto your back while you sleep, sew a tennis ball into a pocket on the back of your pajama top. Or wedge a pillow stuffed with tennis balls behind your back
- Prop your head up. Elevate the head of your bed by 4 to 6 inches or elevate your body from the waist up by using a foam wedge. You can also use a special cervical pillow
- Open your nasal passages. Try to keep your nasal passages open at night using a nasal dilator, saline spray, breathing strips, or a neti pot

www.medigold-health.com

Provided by Medigold Health Consultancy Ltd. All content is provided for general information only, and should not be treated as a substitute for the medical advice of your own GP or any other health care professional. No responsibility or liability for any diagnosis made by the reader based on the content of this information sheet is taken. This information does not endorse any commercial product or service mentioned. Always consult your own GP if you're in any way concerned about your health.



**MEDIGOLD
HEALTH**



HEALTH INFORMATION

Sleep Apnoea (continued)

Continuous positive airflow pressure

Continuous positive airflow pressure or CPAP for short, is the most common treatment for moderate to severe obstructive sleep apnoea. In many cases, you'll experience immediate symptom relief and a huge boost in your mental and physical energy. The CPAP device is a mask-like machine that provides a constant stream of air which keeps your breathing passages open while you sleep. Most CPAP devices are the size of a tissue box.

CPAP without the mask

- One of the newest treatment options for sleep apnoea is an alternative form of CPAP called Provent. This new device fits over the nostrils and is smaller and less intrusive than the traditional CPAP machine. If you haven't been able to adjust to the CPAP mask, ask your doctor about Provent. But keep in mind that Provent is more expensive than regular CPAP machines, and it doesn't work for everyone.