

WHAT IS SLEEP APNEA?

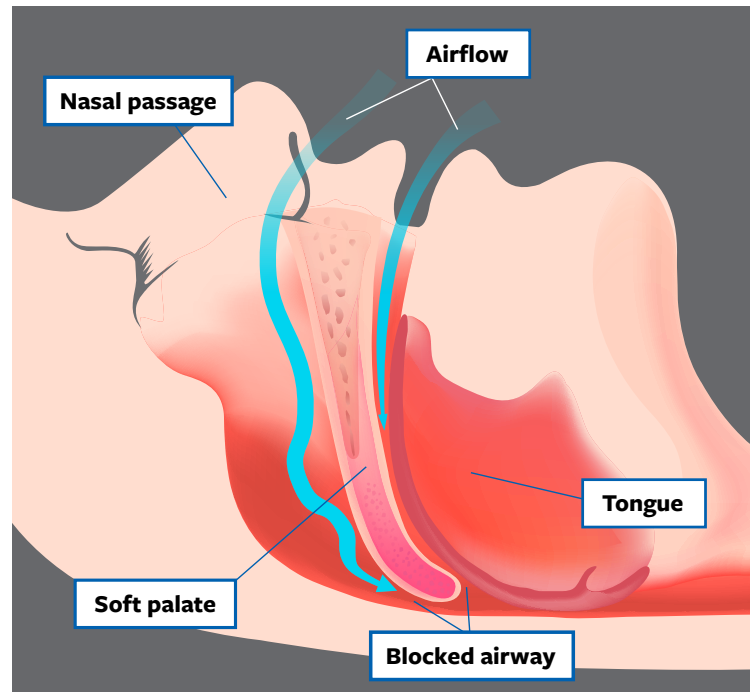
Sleep apnea is a condition in which the back of the airway collapses or becomes blocked on and off during sleep.

When your airway narrows, it can cause you to snore and your oxygen to go down (watch the video: [What happens during sleep apnea?](#)). Others may see or hear you stop breathing during sleep, or you may wake up gasping for air.

Sleep apnea can make you tired and sleepy during the day, even if you sleep a lot at night. You may also find it hard to concentrate, pay attention, or drive without getting sleepy.

Who is at risk?

- Older individuals
- Those who are overweight
- Those with heart problems, hard-to-control blood pressure, diabetes, history of stroke, or family history of sleep apnea



During sleep apnea, the tongue and throat narrow and/or block the airway

After starting treatment,

my wife said, 'It's like I'm getting you back.' I was like, 'I didn't realize it felt like you'd lost me.' And she said, 'I didn't either until just now... I remember this is how you used to be all the time.' ”

—PERSON WITH SLEEP APNEA

Why is sleep apnea treatment needed?

Treating sleep apnea not only gets rid of your snoring but also makes you feel less sleepy and tired during the day. It can help you concentrate better and lowers your blood pressure. Having untreated sleep apnea makes it more likely that you will get into a car accident from being sleepy.

How do I know if I have OSA?

Talk to your doctor about getting a sleep test. Complete this short checklist on your risk for sleep apnea:

<http://www.stopbang.ca/osa/screening.php>

What are the available treatment options for sleep apnea?

TREATMENT OPTIONS				
	Positive airway pressure (PAP) front line treatment for moderate to severe sleep apnea	Oral appliance	Surgeries or Implanted device	Lifestyle changes (weight loss, sleep on side)
Why choose this option?	<ul style="list-style-type: none"> You can start treatment right away and treatment can improve symptoms of sleep apnea, such as snoring, sleepiness, and modestly lower blood pressure and improve general quality of life 	<ul style="list-style-type: none"> Can improve symptoms of sleep apnea, such as snoring and sleepiness, and improve quality of life 	<ul style="list-style-type: none"> You have not been able to use other options, you are young and interested in lifelong treatment 	<ul style="list-style-type: none"> Your sleep apnea or symptoms are mild or occur only when on your back
Why not choose this option?	<ul style="list-style-type: none"> Wearing the mask may be inconvenient It may take some time to get used to wearing the mask at night and/or finding one that fits comfortably Some symptoms may not resolve completely 	<ul style="list-style-type: none"> For most patients with severe sleep apnea, it does not work as well as PAP at stopping breathing problems. Side effects may include jaw or face pain 	<ul style="list-style-type: none"> Surgeries are invasive, and some have only small benefits or don't work for everyone The more extensive surgeries with higher success rates have a long recovery process 	<ul style="list-style-type: none"> Substantial weight loss is difficult to achieve and takes time You still snore when you sleep on your side You have moderate to severe sleep apnea
What do I have to do?	<ul style="list-style-type: none"> Use PAP every night Regularly clean the mask and tubing, and replace as needed See your clinician for a follow-up appointment in the first 1-2 months 	<ul style="list-style-type: none"> Wear a device nightly that fits over your teeth or tongue (if no/few teeth) Meet with a dentist, ideally one who specializes in sleep dentistry, to see if you are a good candidate A follow-up sleep study with device in place is recommended 	<ul style="list-style-type: none"> Meet with a surgeon to discuss options, treatment effects, and recovery time 	<ul style="list-style-type: none"> Talk with your doctor about successful strategies for weight loss and/or sleeping on your side
How long do I need to use/make changes?	<ul style="list-style-type: none"> Usually lifelong, unless substantial weight loss reverses your sleep apnea 	<ul style="list-style-type: none"> Usually lifelong, unless substantial weight loss reverses your sleep apnea 	<ul style="list-style-type: none"> Depends on the type of surgery; for some surgeries, you may have another sleep study to see if you still have sleep apnea 	<ul style="list-style-type: none"> Depends on how much weight you lose and if it reverses your sleep apnea