

COMMON SYMPTOMS OF SLEEP APNEA

If you snore regularly and experience constant daytime sleepiness, you may be at risk of having a sleep disorder known as sleep apnea. Many people have sleep apnea, but may not even know it. In fact, it affects approximately 20% of women and 35% of men, so it's more prevalent than you might think.¹

The most common type of sleep apnea is obstructive sleep apnea (OSA), and it is important to recognise some of the symptoms, which include:

SNORING

DEPRESSED MOODS

HEADACHES

FORGETFULNESS

POOR CONCENTRATION

LACK OF ENERGY

TIREDNESS

MOOD SWINGS

WHAT IS SLEEP APNEA (OR OSA)?

'Apnea' literally means 'no breath' or 'stopping breathing'.

Normal, open airway



Normally, the muscles that control the upper airway relax during sleep.

Partially closed airway



If they relax too much, the upper airway becomes narrow and some people begin to snore.

Closed airway during an apnea



If the airway becomes too narrow, this may cause breathing difficulties. Sometimes the airway becomes completely blocked, and the person temporarily stops breathing, experiencing an 'obstructive apnea'. This can last for 10 seconds or more.

When your body senses that you've stopped breathing, a control centre in your brain triggers you to wake up just enough to gasp and start breathing again. Then you fall back to sleep and the cycle begins again – this can happen over 50 times every hour.

As you can imagine, being deprived of oxygen and constantly being shocked back into breathing not only disrupts sleep, but puts immense strain on your body and can lead to other health complications.

WHAT CAN YOU DO?

The good news is - if you think you suffer from sleep apnea, you can do something about it. Treating your sleep apnea can give you back that sense of **refreshing** sleep, improve your overall **quality of life**, and increase your **energy** throughout the day.

THE GOLD STANDARD TREATMENT OPTION

There are surgical and non-surgical procedures that can be used to treat sleep apnea, but the gold standard treatment option is positive airway pressure therapy (often called CPAP). CPAP therapy is a non-invasive treatment, which means there is no need for surgery.

The basic idea behind CPAP therapy is very simple: a regulated flow of pressurised air is used to keep the tissues in your throat from collapsing and obstructing your airway. The pressurised air is delivered from a small device to a mask that you wear while you sleep to help prevent apneas.

FOR A SIMPLE DIAGNOSIS AND TO DISCUSS TREATMENT OPTIONS, TALK TO EDENSLEEP TODAY.



TAKE THE RESMED REST TEST

Simply answer the following questions and then add up the number of times you answered 'yes'.

- Yes**
- Do you snore?
- Has anyone ever noticed you stop breathing for a short time during your sleep?
- Do you usually feel very tired during the day?
- Are you over 50 years of age?
- Is your neck circumference greater than 40 cm?
- Are you male with a waist circumference over 102 cm?
- Are you female with a waist circumference over 88 cm?
- Do you experience forgetfulness and difficulty concentrating?
- Have you experienced moodiness, irritability or depression?
- TOTAL 'YES' ANSWERS**

If you answer 'yes' to three or more of these questions, speak to EdenSleep to find out if you may be at risk of having sleep apnea. **Call us on 0800 333 675 or visit edensleep.co.nz/alwaysstired for more information.**

While snoring and tiredness may not seem serious, sleep apnea can cause other health problems, so it's important to see your doctor and discuss ways to lower your risks.



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Clinic Locations: Auckland, Hamilton, Tauranga, New Plymouth, Whanganui, Hawkes Bay, Palmerston North, Wellington, Queenstown, Timaru, Oamaru, Dunedin and Invercargill

1. Sleep-disordered breathing affects 34% of men and 17% of women aged between 30-70. Peppart et al. Increased Prevalence of Sleep-Disordered Breathing in Adults. Am J Epidemiol. 2013 (5:17).
*Offer applies to a Basic Home Sleep Test. Terms and conditions apply. See in store for details.

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EdenSleep



DO YOU **SNORE?**
ARE YOU **ALWAYS**
TIRED DURING THE DAY?

Missing out on quality sleep not only affects you, but can also take its toll on the whole family.