

Download Central Sleep Apnea, An Issue Of Sleep Medicine Clinics

Obstructive sleep apnea (OSA) is the most common category of sleep-disordered breathing. The muscle tone of the body ordinarily relaxes during sleep, and at the level of the throat, the human airway is composed of collapsible walls of soft tissue which can obstruct breathing. Final Thoughts on Sleep Apnea and Grinding. Sleep apnea used to be a disorder people thought happened to only overweight, aging men. However, the research shows that women and people of all ages often live with undiagnosed sleep apnea. What is Sleep Apnea? Apnea is a Greek word meaning “without breath”. When a person stops breathing while sleeping they are experiencing Sleep Apnea. Obstructive sleep apnea is a common condition, with multiple potential neurocognitive, cardiovascular, and metabolic consequences. Efficacious treatment is available, but patient engagement is typically required for treatment to be effective., Central Sleep Apnea, An Issue Of Sleep Medicine Clinics.

Other Files :