



Sleep apnea

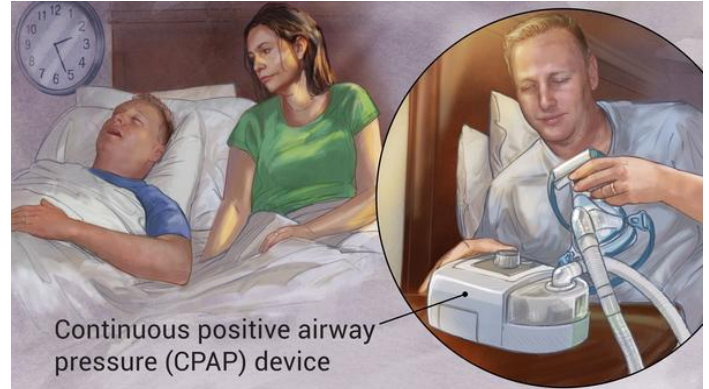
A potentially serious sleep disorder in which breathing repeatedly stops and starts.

Very common

More than 10 million cases per year (India)

 Treatable by a medical professional

 Requires a medical diagnosis

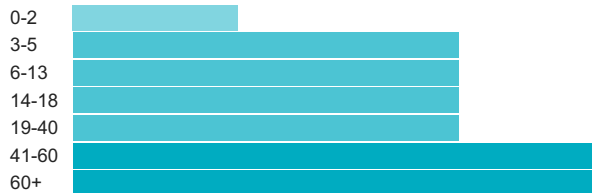


Risk factors include age and obesity. It's more common in men.

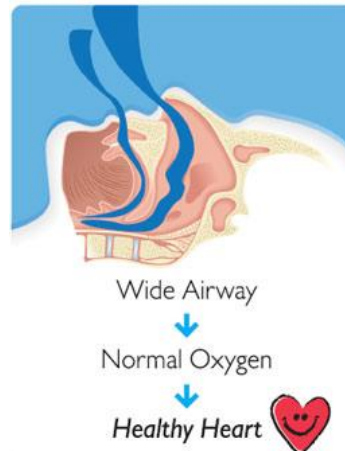
Symptoms include snoring loudly and feeling tired even after a full night's sleep.

Treatment often includes lifestyle changes, such as weight loss and the use of a breathing assistance device at night, such as a continuous positive airway pressure (CPAP) machine.

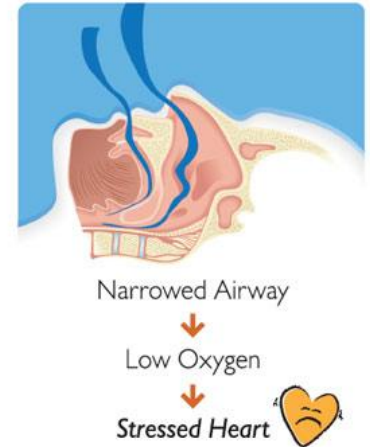
Ages affected



Normal Airflow



Sleep Apnea



Symptoms

Requires a medical diagnosis

Symptoms include snoring loudly and feeling tired even after a full night's sleep.

People may experience:

Sleep: excessive daytime sleepiness, insomnia, nightmares, sleep deprivation, or snoring

Respiratory: episodes of no breathing, abnormal breathing pattern, breathing through the mouth, loud breathing, or shallow breathing

Also common: depression, dry mouth, dry throat, fatigue, headache, irritability, mood swings, sexual dysfunction, teeth grinding, or weight gain