

Sleep Apnea



Sleep apnea is a serious sleep disorder characterized by repeated interruptions in breathing that last at least 10 seconds during sleep. These pauses can disrupt rest, reduce oxygen levels and lead to long-term health complications if left untreated. People with this disorder usually have at least five breathing pauses per hour. During these breaks, the brain, heart, kidneys, and other organs don't get enough oxygen. When the brain realizes that there isn't enough oxygen and too much carbon dioxide in the body, it sends a signal to breathe. This cycle repeats itself many times each night, causing the person to feel tired or exhausted when they wake up.

Types of Freediving

Among the main types of apneas are:

- **Obstructive sleep apnea (OSA):** This is the most common type, which occurs when the muscles in the throat relax and block the flow of air to the lungs.
- **Central sleep apnea:** This occurs when the brain doesn't send correct signals to the muscles that control breathing.
- **Central sleep apnea arising during treatment:** occurs when the person has obstructive sleep apnea, diagnosed by a sleep study, that develops into central sleep apnea when treated for OSA.

Symptoms

Some of the most common symptoms of obstructive apnea and central sleep apnea include:

- Episodes in which breathing stops while you sleep.
- Having a dry mouth when you wake up.
- Panting during breathing.
- Loud snoring.
- Headache in the morning.
- Irritability.



- Difficulty paying attention while awake.
- Difficulty staying asleep (insomnia).

Risk factors

- **Overweight.** Obesity increases the risk of obstructive sleep apnea.
- **Neck circumference.** People with thick necks may have narrower airways. Throat, tonsils, and adenoids can become enlarged and obstruct the airways.
- **Male.** Men are more likely to suffer from it than women.
- **Elderly.** It occurs most often in older adults.
- **Use of alcohol, sedatives, or tranquilizers.** These substances relax the muscles in your throat, which can make obstructive sleep apnea worse.
- **Smoke.** This habit can increase the amount of inflammation and fluid retention in the upper airways.
- **Nasal congestion.** Inflammation of the membrane covering the nose creates an obstruction that causes difficulty breathing through the nostrils (nose).

- **Pre-existing conditions.** Congestive heart failure, high blood pressure, and type 2 diabetes are some of the conditions that can increase the risk of obstructive sleep apnea.
- **Family history.** A pattern of familial illness with the condition may increase the risk.



CPAP

- CPAP is a machine that uses mild air pressure to keep the airway open when sleeping.
- Your doctor may order the use of the CPAP machine to treat sleep apnea.
- You should use the CPAP machine every time you go to sleep.
- You may notice immediate improvement when you start CPAP treatment.
- Long-term benefits of CPAP therapy include:
 - It will help prevent and control high blood pressure.
 - Decreases the risk of stroke.
 - Improved memory and other cognitive functions.

Side effects of treatment may include: congestion, runny nose, dry mouth, or nosebleeds. Some masks can cause irritation. Your doctor can help you relieve those symptoms and adjust to using the CPAP machine. If you have stomach discomfort or bloating, you should stop using the CPAP machine and contact your doctor immediately.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can address the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone numbers:

Medical Advice Line:

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References

<https://www.nhlbi.nih.gov/es/salud/apnea-del-sueno/sintomas>

<https://www.fda.gov/consumers/articulos-para-el-consumidor-en-espanol/siempre-esta-cansado-puede-que-tenga-apnea-del-sueno#:~:text=%C2%BFQu%C3%A9%20es%20la%20apnea%20obstructiva,hasta%20muchas%20veces%20por%20hora>

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