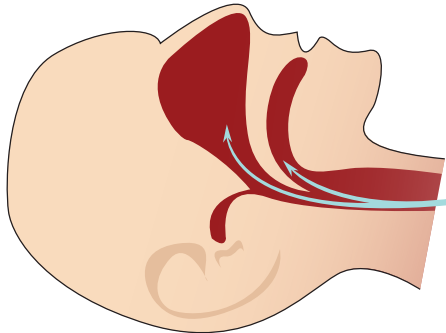
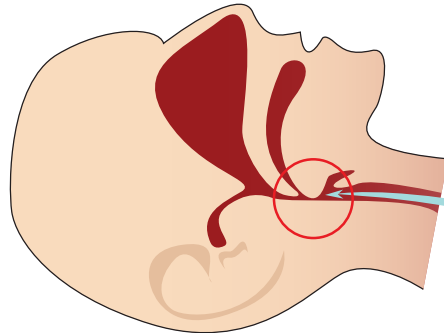


# SLEEP APNEA



NORMAL BREATHING



BLOCKED AIRWAYS

## WHAT IS IT

Sleep apnea is a potentially serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times, impairing their ability to reach the deep, restful phases of sleep.

The main types of sleep apnea are:

- **Obstructive sleep apnea**, the more common form that occurs when throat muscles relax.
- **Central sleep apnea**, which occurs when your brain doesn't send proper signals to the muscles that control breathing.
- **Complex sleep apnea syndrome**, also known as treatment-emergent central sleep apnea, which occurs when someone has both obstructive sleep apnea and central sleep apnea.

The most common symptom of sleep apnea is snoring. However, not everyone who snores has sleep apnea. Snoring is likely to be a sign of sleep apnea when paired with other symptoms.

References:

<https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631>

## COMMON SYMPTOMS

- Loud or frequent snoring
- Silent pauses in breathing
- Choking or gasping sounds during sleep
- Excessive daytime sleepiness or fatigue
- Difficulty staying asleep (insomnia)
- Morning headache
- Difficulty concentrating while awake
- Irritability

## HOW IS IT DIAGNOSED

A sleep study is used to diagnose sleep apnea. The sleep study records the number of episodes of slow or stopped breathing detected in an hour. The evaluation often involves overnight monitoring at a sleep center.

Home sleep testing may be an option. Check with your insurance company to learn if home testing is required before testing can be performed overnight at a sleep center.

## Coming This Month:

Identifying Risk Factors  
..... April 12

Provider Options  
..... April 19

Eliminating Risk Factors  
..... April 26

## Quarterly Education:

Be Your Own Advocate  
..... July

For assistance with a diagnosis, contact **ConnectCare3** by calling **877-223-2350** or by emailing us at **info@connectcare3.com**

For more information about ConnectCare3 visit our website, **www.connectcare3.com**

