

SUNDAY MORNING Health Corner

Better, Healthier Sleep is for You

Is there more to your restless nights? **An estimated 70 million Americans live with a sleep disorder like sleep apnea, and African Americans are disproportionately affected.** Sleep apnea causes breathing to repeatedly stop and start while sleeping. Sleep apnea impacts children and adults of all genders, yet is most common in men and is often undiagnosed. Learn more below about sleep apnea to know its types, symptoms, and risk.



Types of sleep apnea:



Obstructive Sleep Apnea (OSA) occurs when the airway becomes physically blocked causing lapses in breathing.



Central Sleep Apnea (CSA) occurs when the brain does not send proper signals to the muscles controlling breathing, which leads to slower and shallower breathing.



Complex Sleep Apnea is a combination of obstructive and central sleep apnea. It is also referred to as **Mixed Sleep Apnea**.



What are the symptoms?

Common symptoms of sleep apnea are:

- Loud snoring
- Morning headache
- Gasping for air while sleeping
- Awakening with dry mouth
- Trouble falling asleep or remaining asleep
- Difficulty remaining awake during the day



What about the risk factors?

Factors that increase your risk of sleep apnea are:

- Age
- Obesity
- Family History
- Smoking
- Nasal Congestion
- Use of sedatives, like alcohol

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