

Obstructive Sleep Apnea is a sleep disorder in which breathing is briefly and repeatedly interrupted during sleep. The "apnea" in Sleep Apnea refers to a breathing pause that lasts at least ten seconds. Obstructive sleep apnea occurs when the muscles in the back of the throat fail to keep the airway open, despite efforts to breathe.

Obstructive Sleep Apnea, or simply, Sleep Apnea, can cause fragmented sleep and low blood oxygen levels. For people with Sleep Spnea, the combination of disturbed sleep and oxygen starvation may lead to hypertension, heart disease, stroke and a multitude of other medical problems. Sleep Apnea also increases the risk of drowsy driving. More than **50 million American adults** have Sleep Apnea. Currently only 10% are being properly diagnosed.

What Causes Sleep Apnea?

There are a number of factors that increase risk, including having a small upper airway (or large tongue, tonsils or uvula), being overweight, having a recessed chin, a small jaw, a large overbite, and or crowded narrow dental arches. There are also a correlations to large neck sizes (17 inches or greater in a man, or 16 inches or greater in a woman), smoking and alcohol use, being age 40 or older, and certain ethnicities. Also, OSA seems to run in some families, suggesting a possible genetic basis.

Sleep Apnea Symptoms

Chronic snoring is a strong indicator of sleep apnea and should be evaluated by our Sleep Group health professionals. Since people with sleep apnea tend to be sleep deprived, they may suffer from sleeplessness and a wide range of other symptoms such as difficulty concentrating, depression, irritability, sexual dysfunction, learning and memory difficulties, and falling asleep while at work, on the phone, or driving. Left untreated, symptoms of sleep apnea can include disturbed sleep, excessive sleepiness during the day, high blood pressure, heart attack, congestive heart failure, cardiac arrhythmia, stroke or depression.

Treatment for Sleep Apnea

If you at all suspect you may have Sleep Apnea, reach out and make an appt to be screened by our Sleep Group Doctors at **Aloha Sleep Group**. They are a multi-disciplinary team of both Dentists and Physicians dedicated to treating Sleep Disorders. They will fully assess your risks of having Sleep Apnea, and be able to provide simple treatments to help you.

Dr Terry Codington Dentist ,UOP-SF Dental, Invisalign Global Faculty, American Academy of Sleep *Medicine*

Dr Mark Abramson Dentist, Univ Maryland, Board Cert. TMJ, Diplomate American Academy Dental Sleep

Dr Michael Ricupito, Orthodontist, UOP-SF Dental, UCLA Board Certified Orthodontist

Dr Kin Yuen , Stanford School of Medicine, Board Certified Sleep Physician

Aloha Sleep Group 424 N San Mateo Dr. Suite 300 San Mateo, Ca.

650-772-5642