



OBSTRUCTIVE SLEEP APNEA (OSA)

Obstructive Sleep Apnea (OSA) is a condition where the airway narrows during sleep causing brief episodes of stopping breathing and lack of restful sleep.

The main symptoms of OSA are:

- ❖ Loud snoring
- ❖ Episodes of stopping breathing during sleep
- ❖ Waking up at night gasping for air
- ❖ Restless sleep
- ❖ Morning headaches
- ❖ Feeling tired or groggy throughout the day

Some things that make obstructive sleep apnea worse are being overweight, sleeping on one's back and drinking alcohol before bed.

The diagnosis of OSA is by a sleep study where breathing patterns at night are monitored and evaluated.

If OSA is found, there are several treatment options including weight loss, continuous positive airway pressure devices (CPAP) that are used at night, mouth/oral appliances and even surgery in some cases.

Please talk to your provider if you are concerned that you may have OSA.