

Snore? Tired? Sleepy?



Understanding Obstructive Sleep Apnea

What is Obstructive Sleep Apnea (OSA)?

OSA is a common, but potentially serious disorder that affects a person's breathing during sleep. A person with OSA stops breathing repeatedly during sleep because of a blocked airway. As a result, air is prevented from getting into the lungs.



Who is Affected by Sleep Apnea?

22 Million Americans suffer from sleep apnea, with 80 percent of the cases going undiagnosed.

MEN are at a three times greater risk than **WOMEN**



An adult with a body mass index (BMI) of 30 or higher is considered to be obese, and the risk of sleep apnea increases with the amount of excess body weight.

Smoking increases the risk of developing sleep apnea by three times!



SLEEP DISORDERS CENTER
The Bellevue Hospital

1265 W. Main St., Ste. B • Bellevue, OH 44811
www.bellevuehospital.com

Signs and Symptoms of Sleep Apnea



Nighttime Symptoms

- Loud persistent snoring
- Witnessed pauses in breathing
- Choking or gasping for air during sleep
- Restless sleep
- Frequent visits to the bathroom

Daytime Symptoms

- Early morning headaches
- Excessive daytime fatigue
- Poor concentration
- Depression or irritability
- Sleepiness during routine activities
- Dry or sore throat in the morning
- Personality changes, such as mood swings



Sleep Apnea and Your Health

When the airway becomes repeatedly obstructed, the body's oxygen level drops putting added stress on the body and organs.



Sleep apnea can increase your risk of:

- | | |
|---------------------|----------------------------|
| High blood pressure | Irregular heartbeat |
| Heart failure | Stroke |
| Obesity | ADHD in children |
| Diabetes | Work and driving accidents |
| Memory loss | |



Ready to Take Action?

While loss of sleep can result in daytime drowsiness that affects mood, behavior and performance, OSA can be treated effectively.

Talk to your primary care provider about a referral to The Bellevue Hospital's Sleep Disorders Center.

Tired of Feeling Tired? Let Us Help!



The Sleep Disorders Center is fully accredited by The Joint Commission and provides overnight sleep studies to measure sleep, breathing and oxygen levels. Our dedicated Sleep Center team members will determine the level of severity of your sleep apnea and develop a personalized plan for treatment.



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