

HOW TO WIN YOUR WAR AGAINST Snoring And Sleep Apnea SELECTED TIPS - 81 PAGES!

How To Win Your War Against Snoring And Sleep Apnea!



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What Is Sleep Apnea?

For most, this is a term that is not well known. There are a number of different reasons that you may have found yourself learning about this condition. You may have been recently diagnosed or know of someone that has been. Or, you may be wondering if you are having these episodes yourself. The fact is that many suffer from it or may be having the early symptoms of it and they may not even realize it. Although that is the case for many, it doesn't have to be for you. Sleep apnea is a serious condition and should be taken with heart. But, before you become overwhelmed with your own needs, take the time to learn more about this condition so that you can improve your situation.

Sleep apnea is actually a disorder that happens when you are sleeping. You may have heard it called sleep apnea as well. In either case, the end result is the same. It is characterized by the fact that you have pauses in your breathing while you are sleeping. When this happens the episodes are called apneas. This term actually means without breath. The seriousness of your condition is defined, at times, by how long these episodes actually last. For some, it is just one missed breath while for others it can be many more. The bottom line is that this happens many times while you are sleeping and that leads to all sorts of complications, as you can imagine.

There are actually two different types of sleep apnea that you may be experiencing. Central and Obstructive are the two differences. In Central, you will find that the problem is caused by a lack of effort by your body. With Obstructive sleep apnea, there is something that is blocking or obstructive your ability to breathe properly.

If you are experiencing problems with breathing and you think that you may have sleep apnea, there is help out there for you. The first thing to do is to educate yourself and then seek out the help of a skilled doctor in the field. Testing can easily be done to help you to determine if this is something that is happening to you. In either case, it is necessary for you to find the solution to this problem as it can worsen.

Treatments For Central Sleep Apnea

If you have been diagnosed with central sleep apnea, then you already know just how serious your condition is. In this type of sleep apnea, your brain does not function as it should while you are asleep. It does not communicate with your muscles that they need to breath and that will cause you to wake up. When you do awake, you are likely to feel a shortness of breath. When this happens several times per night, it is important to talk to your doctor about the possible reasons behind it. If in fact central sleep apnea is the cause, then the doctor will work with you to find the right solution.

There are a number of different things that can be done to help improve your quality of life and minimize your risks of further problems. Although the treatment options for central sleep apnea are much less, they can work for those that need them.

- **Medical problems treated.** Since many times this type of sleep apnea happens due to some other medical condition it is necessary for those to be improved in order for the sleep apnea to be reduces. If you have such things as heart or neuromuscular disorders, getting help for them will improve your sleep apnea.
- **Adding Oxygen.** Another benefit that can be administered is that of increase oxygen. Your doctor may recommend having you have a supplemental form of oxygen added to your sleep. This will be done in one of various methods, as determined by your condition and by your needs. Here, they will force oxygen into the lungs, keep them full of the air that is required.
- **Positive airway pressure.** This can be needed too. In this case, you may wear what is called a CPAP machine which will force a higher pressured air into your airways. This will keep the airways open and encourage your lungs to have the necessary oxygen that you need.

Those that are suffering from central sleep apnea should take care in what the doctor requires them to do. Although it may seem difficult to wear a mask or it may seem like too much trouble to deal with oxygen at night, it is the difference between life and death in many cases.

Therefore, it is well worth it and in most cases, people will find ways to deal with it so that it becomes no problem at all.

Learning About Sleep Apnea

Have you been told that you possibly are suffering from sleep apnea? Although this may seem like a very scary situation to be in, many people suffer from it but go on to live very constructive lives. Why is that possible? There are a number of great doctors and procedures that can be done to enhance your quality of life even if you don't realize that you aren't getting what you deserve. Sometimes, the facts are clear that you need help. Other times you may not really know for sure. In any case, if you are having trouble breathing during the night or find yourself unable to sleep soundly, sleep apnea could be to blame for it.

One thing to take note about this condition is that of when it happens. Obstructive sleep apnea is caused by something that is blocking the flow of air freely throughout your body. Your body wants to breath but your actual body is blocking your air way in some way. This is common in people that are overweight or that have large fleshy necks as the skin can cause the airway to become restricted. If you sleep on your stomach at night, this could happen to you as well. This type of apnea happens more often in older adults then it does in younger. It is also twice as commonly found in men as it is found in women.

When it comes to other forms of apnea, the risks are the same. It is important for you to understand what is happening to your body though. Therefore one of the first things that you doctor will recommend is a sleep study. Here, you enter the hospital or lab for an overnight stay. You are monitored while you are sleeping to find out just what is happening to you when you do close your eyes.

You can learn a great deal about sleep apnea if you visit your doctor and talk to your doctor about your condition. If you are looking for the right solution in how to treat it, the first things that need to be done are thorough testing. Once this is done your doctor is likely to recommend the next steps to take to handle it.

What Are The Symptoms Of Sleep Apnea?

When it comes to sleep apnea, it is something that worries many. The fact is that many people are not sleeping correctly or that they sleep for a full eight hours and wake up feeling as if they didn't sleep at all. Sleep apnea can be the cause of this. More often than not, you won't know that you have this condition but will go to see your doctor because you are just tired all the time. Many people find themselves shocked to hear that something was wrong with their actual sleeping patterns. In fact, many don't realize that anything at all is happening to them.

What are the symptoms that you should look for? No matter what type of sleep apnea that you have, obstructive or central, your symptoms are likely to be about the same. This can make it a bit more difficult to determine what type of apnea you actually suffer from. Here are some of the symptoms that you are likely to be facing.

- **Hypersomnia.** You may be tired during the day even though you have slept through the night.
- **Snoring.** One of the most common symptoms that most people face is that of snoring. There is no doubt that snoring can be tiresome, but it can also be a sign of something much more serious. If your snoring wakes up your spouse, then it is time to talk to your doctor about it.
- **Morning headaches.** These are another common sign of sleep apnea.
- **Breathing Cessation.** You may actually observe or notice yourself waking up for no reason in the middle of the night. Or, someone else may notice that you are doing this. Again, your spouse is a great help in spotting this condition.
- **Dry mouth.** Often, those that suffer from this condition will wake up with the feel of a dry mouth or even a sore throat.
- **Insomnia.** Many of those that suffer from sleep apnea have insomnia or the condition in which they just can not fall asleep and stay asleep. There may be nothing else causing this to happen.

If you wake up with a shortness of breath, it is likely that you will be facing central sleep apnea. If you are more commonly snoring loudly, this is characterized by obstructive sleep apnea. Nevertheless, if you face any of these problems, it is necessary to talk to your doctor about your condition as soon as possible.

What Is Causing My Obstructive Sleep Apnea?

Are you having episodes of waking up at night? Is your spouse considering kicking you out of bed because your snoring has gotten so loud? These are signs and symptoms of obstructive sleep apnea. Although it will take a trained doctor to tell you if you do in fact suffer from this condition, it is still something that you may find yourself facing. If and when that happens, it is necessary for you to consider seeking out the help of a doctor to determine what the necessary next step is.

One thing that most that have been told they may have this are wondering is just what is it that causes sleep apnea? There could be several things that cause this condition to effect you. First of all, the causes for the condition have the same result. In obstructive sleep apnea, the muscles that are located in the very back of your throat relax. What is important to know is that those muscles are actually responsible for supporting the soft palate, the piece of tissue that hangs from the soft palate which is called the uvula and the tonsils and tongue as well.

When this happens to you, your airway is closed off or narrows too much. When you breathe in to take a breath, you can't bring that air into your body and that causes your breathing to stop for that moment. When you miss the breaths that your body requires, your level of oxygen drops considerably and that alarms your brain. To handle this problem the brain tells you to wake up to handle it. In most cases, you will wake up for such a brief second that you don't remember that you even did it.

Sleep apnea of this type of can happen to you over and over again during the night. In some cases it will happen 10, 20 or even 30 times per hour all night long. As you can imagine there is no way for the body to reach deep sleep which is how your body actually rests and becomes recharged. When you can't reach this level of sleep, you probably will wake up and feel as if you didn't sleep at all. Many will find themselves feeling tired during the day too.

Why Do I Have Central Sleep Apnea?

Central sleep apnea is a condition that many people face and it can be quite alarming. In fact, just being told that you have this condition may be very scary. What do you mean you don't breathe while you are sleeping? That may be what you say right to your doctor. The fact is that during this type of sleep apnea, the conditions are often more serious than with obstructive sleep apnea. In fact, it is often important to realize that if you do have it, it is necessary for you to take actions to correct or manage it successfully.

What Happens?

During central sleep apnea, your body lacks that effort to breath. Unlike obstructive sleep apnea, the body doesn't have anything that is blocking it from taking air in. In fact, it doesn't have any problems with the airways. Rather, the body has a problem telling itself to breath. Central sleep apnea is much, much less common then that of obstructive sleep apnea.

In this type of sleep apnea, your brain is where the problem lies. As you know, the brain controls all of the necessary movements and systems in your body. Even when you are sleeping, your brain is working to control things like your breathing. But, when you suffer from central sleep apnea, your brain is making the mistake of not telling your body to breath. Rather, it is not transmitting the necessary signals to your muscles to breath.

When this happens, you wake up feeling like you are out of breath. You may feel like you can't catch your breath. You may face some pretty serious headaches when you awake as well. There are other symptoms that can be found too, but most often the fact that you remember waking up and feeling as if you can't catch your breath is a warning sign that many doctors take very seriously.

If you have been told that this is a possible cause of your sleeping problems, it is time to talk to your doctor about it. In addition, if you face any of these conditions and remember waking up and experiencing that shortness of breath, it is important that you seek out medical help as these can worsen making sleeping near impossible to do.

Am I At Risk For Sleep Apnea?

Did you know that many times people can avoid having sleep apnea? If you are someone that experiences shortness of breath when you wake at night, you may actually have a form of sleep apnea is that much rarer called central sleep apnea. This condition is one in which the brain fails to tell your muscles to breath. Nevertheless, the more common type of sleep apnea is that of obstructive sleep apnea. In this situation, individuals have something blocking their air ways and although they are trying to breath, they can't do it.

But, what makes you a candidate for this condition? There are actually several things that could be causing you to face this illness.

- **Overweight.** If you are overweight, excess weight may be playing a role in the problem. If you have extra weight that develops around the upper airway of your body, you may face obstruction in your breathing which can lead to sleep apnea. Although you may not be overweight, if enough weight develops in this specific area you may be effective (you don't have to look overweight to have to deal with it.)
- **The Size of Your Neck.** Those that have a larger sized neck may also fall victim to sleep apnea. If you have a neck that is larger than 17 inches in its circumference, then you have an increased ability to have sleep apnea.
- **Narrow Airway.** For some people, a narrow airway is just a natural thing and can even be a hereditary condition. In addition, if you have tonsils or adenoids that have become enlarged, you too may be more at risk of developing sleep apnea. These can block the air from flowing easily.
- It is more likely that older people will experience sleep apnea over younger people.
- More men will fall victim to sleep apnea then women will. If you are a woman and are overweight, though, you do have more of a risk than someone that is not overweight.

Sleep apnea is an important condition to have examined. If you have these risk factors and realize that you have some of the symptoms that can lead to sleep apnea, it is essential to talk to your doctor about it. Many times people do not realize that they could be facing a condition that is vitally important to handle.

Testing For Sleep Apnea

Take a few minutes to find out if you have any of the risk factors or the symptoms of sleep apnea. If you do, contact your doctor to find out what the next step in the process is. One thing that you should realize is that sleep apnea is something that can be hard to diagnose. Yet, it is very important that it is diagnosed successfully. Therefore, you are likely to undergo several different types of treatments to find out if in fact you are suffering from this condition. If in fact you are, then the right steps will be taken to determine just what needs to be done to give you back sleep and return your life to a better quality of life.

There are several tests that will likely be done on you to determine if you suffer from sleep apnea, what type it is and to what extent you are suffering. In most cases, you will first want to visit a sleep specialist who will handle determining which tests are important for you to take as well as how they will work. In most cases, an overnight evaluation is a must. You will need to monitor how well your breathing is happening during the night as well as your oxygen levels and other body functions.

One of these tests is that of the nocturnal polysomnography. When you have this test, you will have equipment that is placed on you to monitor what is happening with your heart, your brain, and your lungs. It will also look at the breathing patterns that you have during the night. Your arms and legs will be monitored as well. This test is likely to be the first one that you have. It will give the doctor a clear look at if in fact you have sleep apnea.

Two other tests may be needed next. The oximetry test involves just a small device that is fitted over your finger and is completely painless. It will monitor the amount of oxygen in your blood at any time. The portable cardio-respiratory testing device may also be required. Here, you will be able to take the device home with you and it will determine what is happening with your oxygen levels and your breathing while you sleep.

All of these tests are necessary and they are a window into what is happening with your own condition. You will find them to be easy to handle and they give your doctor clear views of what is happening and what to do next.

What Can Sleep Apnea Do For You?

If you have sleep apnea, you may think that the only thing that can happen to you is that you wake up for no real reason and you find yourself unable to get a good night's sleep. But, this is far from the only thing that can happen to you when you have sleep apnea. In many ways, it can worsen or cause complications that are life threatening. For this reason, if you feel that you may be suffering from this condition, you really should get to a doctor whenever it is possible.

Sleep apnea itself is considered a serious condition that requires help and treatment. There are a number of problems that can come of it. One of the most important things to know is that sleep apnea can cause cardiovascular problems. This is actually due to the low levels of oxygen that you in your blood because your body stops breathing for those seconds. It also increases your blood pressure and therefore strains your heart and the rest of your cardio system. If you have other heart problems, sleep apnea can lead to sudden death that comes from your heart's stopping. If you have central sleep apnea, this actually could be caused by heart disease.

Of course, being tired all day can also be a complication of sleep apnea. If you do anything that requires attention, you may not have enough attention to accomplish the tasks correctly. You may have problems concentrating and problems staying awake. You may also seem to always be in a bad mood because you are irritable.

Other complications that can come of sleep apnea include the fact that you are likely putting yourself at risk if you need to have surgery as anesthesia can be seriously messed up. Of course, most that do in fact have sleep apnea snore quite a bit. This can keep their partners awake during the night keeping them with all the same problems as the other.

As the largest concern of those that suffer from sleep apnea is that of a cardiac event, it is important for you to take head and get to the doctor. It is necessary for you to find out if in fact you have this condition and how you are going to face it. The good news is that those that get help for sleep apnea often sleep the best they have in their lifetime and also have lowered blood pressure because of it.

Treatments For Obstructive Sleep Apnea

There are many people that face sleep apnea and many of those people don't know it. Yet, even if you don't have any diagnosis of this condition just yet, there is something to look forward to if you do get one. Although sleep apnea is considered a very serious condition and it can leave any number of people at risk for serious health concerns, with treatment the quality of life of that person can be restored in most cases. Sometimes, people get the highest quality of sleep they have gotten for many years. What's more is that it can even help to lower your current blood pressure.

The first types of treatment for a mild to small case of sleep apnea will be to do things to improve your lifestyle. You may be told to stop smoking. You may be instructed to lose weight. These are two of the most common causes of sleep apnea in many people. If you don't get relief from these results, or you have symptoms of a more serious nature, there are a number of treatment options that can in fact work for you.

The CPAP may become your target improvement choice. This is called a continuous positive airway pressure system that will be used while you are sleeping. It is used by people that face both moderate to severe sleep apnea that is caused by an obstruction. The device is actually quite simply a mask that you wear during the night. Although it is not uncomfortable some worry that it will be. What it does is keeps your airways open and that is true benefit to you. To do this, the machine applies a larger amount of air pressure than is in the current air. By doing this, it forces, gently, the airways to stay open, allowing you unrestrictive flow.

Another choice for treating obstructive sleep apnea is to use what is called an oral device. This device is used to keep the breathing airways open while you are sleeping. These are easier to use than the CPAP machine will be, but they don't do as good of a job making it happen.

Finally, in some cases, it may be necessary to have surgery to improve your airway flow. This may or may not be an option for you. One thing to note is that you and your doctor will determine the right method for handling your sleep apnea together and that trial and error may be the best method for improving your quality of life.

Handling Sleep Apnea

Did you find out that you had sleep apnea? Are you wondering how in the world you are going to deal with this life threatening and troublesome condition? Although sleep apnea is a serious medical condition, there are several methods that can be used to help you to deal with it. The first thing that you need to do is to come to grips with it. Realize that sleep apnea is something that can be handled and in fact many people resolve this problem and get the best sleep of their lifetimes because of it.

Step one in the process of dealing with sleep apnea is education. Your first resource should be your doctor who will explain just what is happening in your situation. Although it may be difficult to realize, he or she is a great person to go to if you want to find out what your possibilities of improving will be. It can also be helpful to learn what the best possible health improvement option is for you.

When it comes to sleep apnea, it is also important to find out if you are getting the best care possible. It is always wise to get a second opinion about your condition and you should never worry about insulting your doctor by doing so. If you are not sure if you should do this or not, the fact that you are questioning it is enough to seek out the help that you need.

Sleep apnea is a serious condition that you have to think about. Each time you go to bed at night, it will be necessary for you to determine if you will get a good night's sleep or if you will allow yourself to suffer because you don't want to seek out the treatment that you deserve.

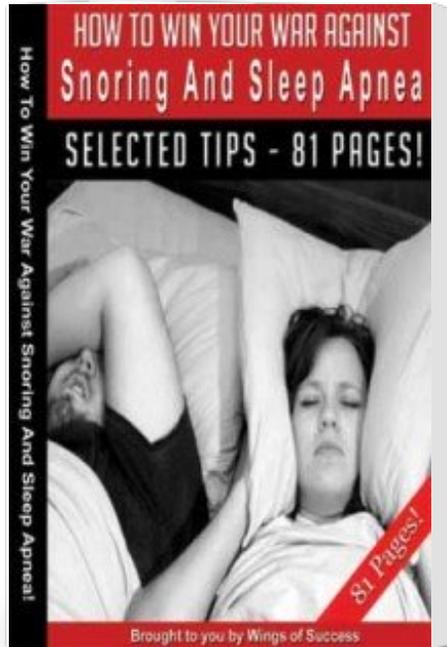
Sleep Apnea: When To Get Help

If you are thinking that you may need to seek out the help of your doctor, do so. Sleep apnea is a serious medical condition that can lead to additional complications as it goes on. In some cases, it will worsen to the point of being something doesn't allow you to sleep and can lead to such serious things as a heart attack. The fight is not worth it, though, as many doctors are well versed in this topic and knows the right methods to handling it.

Nevertheless, you may still not be sure if you need to get help. One sign that you do is if your spouse is complaining about your snoring and just how loud it has gotten. In short, if they can not sleep well because of your snoring, it is time to get help. If you wake up at night and find yourself short of breath and you are not sure why, this can be a sign of a serious issue in that of central sleep apnea. If you find yourself facing pauses in your breathing during your sleep, or your spouse experiences this in you, it is also time to seek out the help you need. Finally, if you get to sleep at night and you just can't understand why you are so tired during the day; this too can be an important consideration.

The fact is that there are countless opportunities that you could be experiencing. One of the most important things for you to do is to recognize the possibility of having something wrong. When this happens to you, or you are considering the fact hat your spouse may have this sleep apnea condition, it is necessary for you to determine the next step that only your doctor will be able to help you with.

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