

Understanding Obstructive Sleep Apnea (OSA)

What is Obstructive Sleep Apnea (OSA)?

- In Obstructive Sleep Apnea, breathing is impaired during sleep
- Breathing is impaired because the upper airway collapses (obstructs) and prevents air from getting into the lungs (the obstructions are usually accompanied by snoring)
- Sleep patterns are disrupted, resulting in sleepiness or fatigue during the day

What happens if Obstructive Sleep Apnea is not treated?

Increased risk of:

- Heart attack and heart failure
- High blood pressure and stroke
- Depression, headaches and memory problems
- Fatigue-related motor vehicle and work accidents
- Decreased sex drive

Risk factors

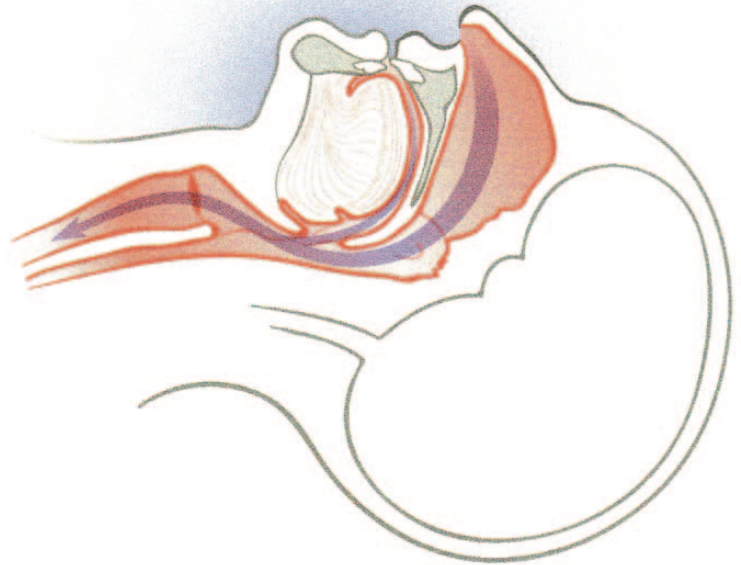
- 1 Obesity
- 2 Receding chin
- 3 Large tongue/tongue falling back
- 4 Large or swollen uvula/long soft palate
- 5 High-arched hard palate
- 6 Nasal obstruction/congestion
- 7 Short/thick neck
- 8 Large or swollen tonsils

For an appointment or to receive more information on sleep disorders please call 512-329-9296 or visit our website at www.sleepdoctor.com

102 Westlake Drive, Suite 102
Austin, Texas 78746

Normal Breathing

- Airway is open
- Air flows freely to lungs



Obstructive Sleep Apnea (OSA)

- Airway collapses
- Blocked air flow

