

How Sleep Apnea Affects Your Health

Sleep apnea is a sleep disorder defined by frequent interruptions in breathing during sleep. These breathing pauses can last from a few seconds to a minute and happen multiple times throughout the night, resulting in poor sleep quality and various health concerns. In this overview, we will explore the symptoms and risks of untreated sleep apnea, emphasising the critical need for timely medical support and monitoring.



Nighttime Symptoms

Loud snoring



Pauses in breathing during sleep



Gasping or choking sensations during sleep



Frequent nighttime urination



Night sweats



Restless sleep



Daytime Symptoms



Morning headaches



Daytime sleepiness



Difficulty concentrating



Irritability or mood changes



Waking up with a dry mouth or throat

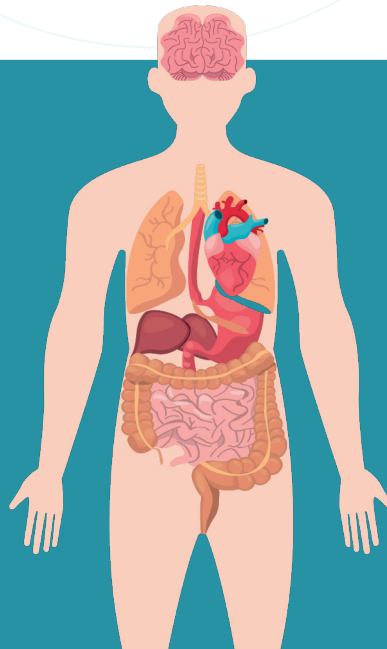


Restless sleep

The Warning Signs of Sleep Apnea

The Risks of Untreated Sleep Apnea

Sleep apnea is associated with a range of side effects that can significantly impact overall health and quality of life. It's crucial to recognise and address these side effects to manage the condition effectively and prevent further complications.



- Mood disorder
- Cognitive decline
- Acid Reflux (GERD)
- Mental fog
- Adult Asthma
- Weakened Immune System
- Shortness of breath
- High Blood Pressure
- Liver Problems
- Cardiovascular issues
- Low Blood Oxygen Levels
- Low libido
- High Sugar Level
- Fatigue

If you have sleep apnea, it's essential to seek medical advice and follow a treatment plan to manage the condition effectively.

Left untreated, sleep apnea's effects reach far beyond a bad night's sleep. With INS LifeGuard's 24/7 monitored personal alarms and nurse-on-call emergency response, help is always within reach, backed by 40+ years of experience.