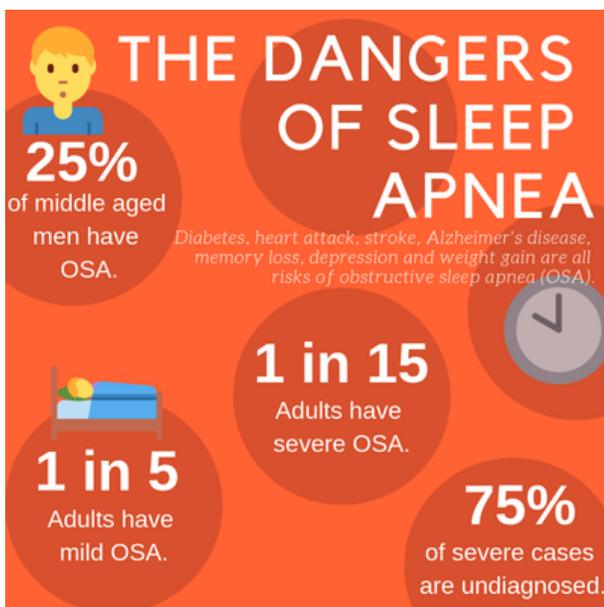


Sleep Apnea Information (OSA)

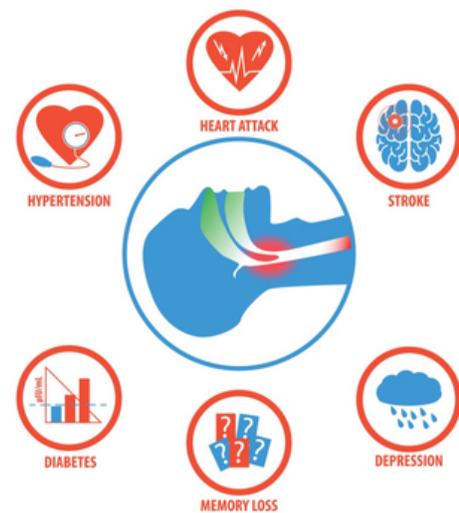
What is Sleep Apnea? The most common type of sleep apnea is Obstructive Sleep Apnea (OSA), This is where the airway is physically blocked during sleep. This blockage can be caused by relaxed throat muscles, enlarged tonsils or adenoids, tongue size or position, or other anatomical issues.

What are some risk factors/symptoms of OSA? Patients may often have family history, nasal problems, mouth breathing, history of snoring, pauses in breathing while sleeping, daytime sleepiness, inability to concentrate, headaches, anxiety, irritability, fatigue, grinding/clenching of teeth, dry mouth, ADHD diagnosis, overweight, etc.

SLEEP APNEA CAN AFFECT BOTH CHILDREN AND ADULTS



Sleep Apnea Health Problems



Recommendations: Monitor smartwatch or borrow our Go2Sleep Ring
Discuss symptoms with DDS & MD
Get Sleep Study done