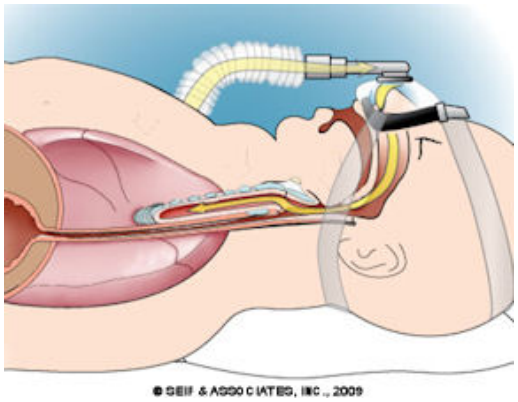
Sleep Apnea

Sleep apnea is when a person's sleep is disrupted many times. This makes a person tired during the day. There are two types of sleep apnea. One type is *obstructive* sleep apnea. This is when breathing stops for a short time because your airway is blocked. The other type is *central* sleep apnea. This is when the brain sometimes fails to give the normal signal to breathe. Some symptoms of sleep apnea are:

- Restless sleep.
- Falling asleep while driving and/or during the day.
- Loss of energy.
- Irritability.
- Mood or behavior changes.
- Loud, heavy snoring.
- Morning headaches.
- Trouble concentrating.
- Forgetfulness.
- Anxiety or depression.
- Decreased interest in sex.

HOME CARE



- **Do not** sleep on your back.
- Take all medicine as told by your doctor.
- Avoid alcohol, sedatives and drugs (*depressants*).
- Use your CPAP (a mask-like machine and pump) to keep your airway open while sleeping.
- If overweight, try to lose some weight. Talk to your doctor about a healthy weight goal.
- If the problem is related to heart failure, take medicines for this as told by your doctor.

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