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#### What is Sleep Apnea?

About 60% of people who regularly snore also have obstructive sleep apnea (OSA) in which the soft tissues in the throat, including the tongue, collapse and are sucked against the back of the throat. This blocks the upper airway and air flow stops, or is greatly reduced. When the oxygen level in the brain becomes low enough, the sleeper partially awakens, the obstruction in the throat clears and the flow of air starts again, usually with a gasp. Most people are not aware this is occurring. This cycle of apnea – obstruction and breathing – can occur many times per hour during sleep and stops people getting into the deeper stages of sleep which are important for feeling refreshed and not tired. People with obstructive sleep apnea (OSA) have low blood oxygen levels and the apnea can lead to elevated blood pressure, heart disease, stroke, diabetes and excessive daytime sleepiness as well as having a great impact on quality of life. Older, obese men are at higher risk, although as many as 40% of people with obstructive sleep apnea are not obese. Nasal obstruction, a large tongue, a narrow airway and certain shapes of the palate and jaw also increases the risk of sleep apnea. A large neck or collar size is strongly associated with sleep apnea. Ingestion of alcohol or sedatives before sleep may worsen episodes of apnea.

#### Sleep Apnea Symptoms

It is important to emphasize that often the person who has obstructive sleep apnea does not remember the episodes of apnea during the night. The predominant symptoms are usually associated with excessive daytime sleepiness due to poor quality sleep during the night. Sometimes family members, especially spouses, witness the periods of apnea.

Symptoms that may be observed can include Loud snoring, Periods of not breathing (apnea), Awakening not rested in the morning, Abnormal daytime sleepiness, including falling asleep at inappropriate times, Morning headaches, Recent weight gain, Limited attention, Memory loss, Poor judgment, Personality changes and Lethargy.

If your partner shows any of the above symptoms you should encourage them to have a full assessment. Proper treatment will provide a significant improvement in your partner's health and wellbeing and will no doubt improve your night's sleep too.

#### Sleep Apnea Treatment

The good news is that sleep apnea and upper airway resistance syndrome can be treated easily and effectively with either a dental sleep appliance or a CPAP machine. Fortunately the problems relating to sleep apnea can be reversed quickly and effectively with proper treatment. Don't wait to fall asleep at the wheel before seeking treatment.

Sleepwise Clinic is the only sleep apnea clinic in Melbourne, Australia that can easily identify the sleep apnea symptoms, provides services and new treatment solutions for sleep apnea in Melbourne, Australia at the best possible prices. Sleepwise provides a complete range of new generation dental sleep appliances. SleepWise Clinic is comprised of dentists working in association with sleep specialists to provide state-of-the-art services for the management of snoring and sleep apnea. If you want to go for the best treatment for sleep apnea in Melbourne, visit the site <http://www.sleepwise.com.au>.

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