

sleep apnoea

Sleep Apnoea:

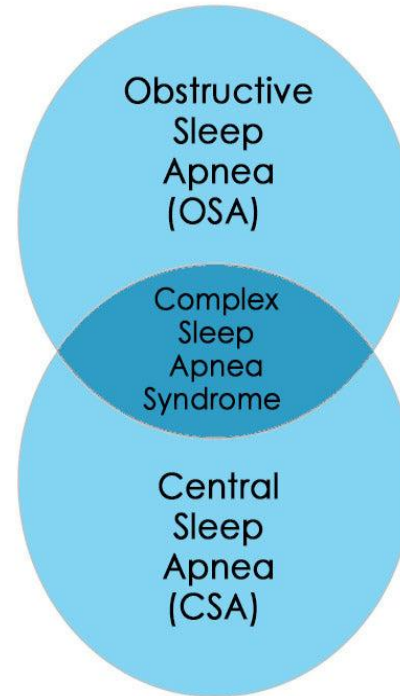
Sleep apnoea is a common but potentially serious sleep disorder in which breathing repeatedly stops for short periods during sleep.

Who Is at Risk?

- Excess body weight or fat around the upper airway
- Male gender
- Post-menopausal female
- Age above 40 years
- Family history of sleep apnoea
- Nasal congestion
- Heart disease (heart failure, heart attacks, arrhythmias)
- High blood pressure
- GERD
- History of stroke
- Alcohol use & Smoking

Types of Sleep Apnoea:

3 Types of Sleep Apnea



And The Health Risks



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Symptoms:

- Loud snoring
- Restless or disturbed sleep
- Waking up choking, gasping, or short of breath
- Long pauses in breathing observed by others
- Waking up frequently to urinate
- Morning headaches, dry mouth, or sore throat
- Poor concentration
- Excessive daytime sleepiness
- Feeling unrested, irritable, or low on energy
- Difficulty thinking clearly or remembering things

Is Sleep Apnoea Dangerous?

- **Yes.** Untreated sleep apnoea leads to poor-quality sleep, excessive tiredness, and reduced alertness— increasing the risk of road traffic accidents and work accidents.
- It also significantly increases the risk of:
- High blood pressure
- Heart attack
- Heart failure and arrhythmias
- Stroke and other serious complications

Can Sleep Apnoea Be Prevented?

Yes. Helpful steps include:

- Losing weight if overweight
- Sleeping on your side rather than on your back
- Avoiding alcohol and smoking
- Managing nasal or airway congestion
- Following healthy sleep habits

**Sleep is the best
meditation – Dalai
Lama**

How Is Sleep Apnoea Diagnosed?

- Sleep apnoea is confirmed through an overnight sleep study, also called polysomnography (PSG).

During the test:

- Multiple sensors are placed on the skin
- Bands measure breathing movement
- Oxygen levels and leg movements are monitored
- The patient sleeps overnight in a dedicated sleep lab
- All signals are recorded and analyzed by specialists

How Is Sleep Apnoea Treated?

- Weight loss (if overweight)
- Sleep position adjustment (avoid sleeping on the back)
- Avoid alcohol and sedative medicines at night
- CPAP machine – Most effective treatment; keeps the airway open during sleep
- Oral appliance / Mandibular Advancement Device – Helps maintain airway opening
- Surgery – Rarely required; only for specific structural issues



Our Pulmonology Services:

- Pulmonary Function Tests
- Spirometry
- Allergy testing



Contact Us :

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