

## Signs & Symptoms of OSA

OSA occurs in 24% of men and 9% of women in the middle-aged workforce between the ages of 30-60, which is approximately as often as adult diabetes. Sleep apnoea can affect anyone at any age, even children. Due to a lack of public awareness, the vast majority of sufferers remain undiagnosed and therefore untreated despite the fact that the disorder can have serious medical consequences.

The signs and symptoms of OSA result from disruptions of normal sleep patterns. Frequent arousals and the inability to achieve or maintain deeper stages of sleep can lead to excessive daytime sleepiness, automobile accidents, decreased memory and depression. Additional physical signs include loud snoring and witnessed apneic episodes. Any of these may be a sign or symptom of OSA.

Although patients rarely complain of them, frequent awakenings due to obstruction do occur. Excessive daytime sleepiness may be mild or severe depending on the severity of the obstruction. Some patients suffering from OSA fall asleep in an unstimulating environment, such as while reading in a quiet room. Others may fall asleep in a stimulating environment, such as during business meetings or eating. Other symptoms of OSA include morning headaches and frequent urination during the night. Patients with OSA often complain of waking up feeling like they have not slept at all. They often actually feel worse after taking a nap than they did before napping.

The so-called drowsy driver syndrome, which a growing number of law enforcement authorities believe to be responsible for many automobile accidents, may result from OSA. Undoubtedly, OSA causes some drivers to fall asleep at the wheel or to suffer from a lack of alertness due to sleep deprivation. Decreased alertness places a person at risk in a variety of potentially hazardous situations. If you suffer from excessive daytime sleepiness SomnoMed highly recommends that you do not drive a vehicle or operate dangerous equipment until your condition is effectively treated.

*... For A Better Night's Sleep*