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Learn more about Sleep Apnea by [Michael Ullmann](#)

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Sleep apnea is a disorder characterized by many pauses in breathing when asleep. Depending on the severity of the attack, the pause may last from a few seconds to minutes. A severely afflicted person may suffer from such painful bouts anywhere between five to twenty times in an hour. Normal breathing is restored with a loud snort after the bout ceases.

Sleep apnea can severely disrupt one's sleep pattern. Shift in breathing condition causes one to constantly move out of deep sleep to a light one. This leads to poor sleep quality. Those afflicted are prone to feeling sleepy during the day. It leads to loss of weight and peace of mind.

People suffering from sleep apnea do not know that they have been afflicted by the disease. Worse, it cannot be detected during routine visits to a sleep apnea doctor. Also, this ailment cannot be detected through blood tests. So, once the disease sets in, it goes undetected for quite some time. By the time it is diagnosed, a lot of damage is already done.

There are several types of sleep apnea but the most common of all is obstructive sleep apnea. In the obstructive condition the windpipe remains blocked during sleep. This leads to breathing pauses or shallow breathing. When one breathes under this condition, air is forced past the blockage causing loud snoring. People who are over weight are most likely to be afflicted with this disease. Those who have an enlarged tonsil may fall prey to this disease.

Obstructive sleep apnea has a highly pronounced symptom of loud and chronic (ongoing) snoring. The snoring is marked by pauses and at times by gasping. Another symptom is feeling sleepy during the day. One tends to fall asleep at odd hours. Other symptoms include early morning headaches, mood swings, urination at nights, dry throat, memory loss etc. Though one does not snore every night, one's condition worsens with passage of time.

Sleep apnea sets in unnoticeably. It has an insidious effect on one's health. To avoid complications it is important to consult a sleep apnea doctor at the earliest. Today, with the help of advanced treatment methodology, the disease can be cured very soon.

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The Sleep Wellness Center of New York was established by a team of cardiologists, pediatricians, pulmonologists and internists to address the growing need for research, diagnosis and treatment of sleep disorders including Sleep Apnea, Restless Leg Syndrome, Insomnia, Narcolepsy, and Snoring. For more information visit <http://sleepwellbewell.com/>

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