



Article published on June 26th 2012 | [Health](#)

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.

Reasons for Sleep Apnea:

Aging contributes to sleep snoring. As you approach middle age and after, the muscle tone of your throat tends to decrease resulting in a narrow throat. In addition to this, a cleft palate, narrowing throat muscles or pretty large adenoids and other physical qualities may make sleep snoring a hereditary affair. Nasal as well as sinus problems make breathing difficult, create vacuum spaces in the throat and contribute to snoring as well. If your overweight, you could be a victim as well as the fatty tissue in conjunction with bad muscle tone contributes to snoring. In addition to these, use of alcohol, medications, smoking and lying on your back increases muscle relaxation, blocks the air passage and the end result is ghastly snores. Appropriate sleep apnea solutions can be applied depending on the reason for snoring. That's why it's important to trace the root before applying the treatment.

Symptoms for Sleep 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.

Treatment for Sleep Apnea:

If you want to quit snoring, make sure that you look for the best and the most effective sleep apnea solutions in the early stages because chronic conditions can lead to several health risks. Research has shown that ignoring sleep apnea can increase the risk of premature death. Therefore, it is very important to find sleep apnea solutions at the earliest. Early treatment can help resolve sleep apnea and reduce the risk of heart diseases, depression and other health related risks. 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.

Sleepwise Clinic is the only sleep apnea clinic in Melbourne, Australia that can easily identifies 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. 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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Article Keywords:

Sleep Apnea Clinic Melbourne, sleep apnea australia, sleep apnea melbourne, sleep apnea services melbourne, sleep apnea symptoms, sleep services melbo

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