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The Similarities Between the Sleep Complaints, Sleep Apnea and Snoring.

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Sleep Apnea is caused by many factors, as is snoring however one cannot harm your health, and the other is potentially life-threatening. It can be eased however with the use of a CPAP machine,

Our sleeping patterns constantly get abused, a good nights sleep can benefit our health, mind and well-being. It is predicted that over 17 million in the US have the condition, most of them unaware. Therefore below is the symptoms and signs of what to look out for.

Good And Bad Snoring When someone snores, the person snoring is normally completely unaware they are doing it. Light snorers are harmless and normally sleep a full nights sleep. However loud snorers usually suffer from Sleep Apnea. As the airway gets blocked, they can stop breathing for seconds and even minutes at a time, at the end of a breathing pause, the sleeper makes a grunt as air enters the airways again this is why Sleep Apnea sufferers often get confused with snorers.

The morning after the night before The sleeper snoring is not just unaware they can often sleep a full night without waking. A person with Sleep Apnea will suffer with pauses in breath causing them to wake up sometime gasping for breath. A person with Sleep Apnea has a very uncomfortable nights sleep leaving them exhausted the next day,

What Causes Sleep Apnea and Snoring There are many reasons for why someone suffers from snoring: from by merely having a cold all the way to be overweight. Alcohol and smoking have also been proven to effect the condition. These are the same causes for Sleep Apnea. Sleep Apnea, however is more likely if: you are male, overweight, over 40 years old and you have a large neck. It has also been proven to run in the family.

The Warning Signs The most reliable way to ensure you do have the condition is by your spouse noticing you have stopped breathing or by completing a sleep study. However there is an array of symptoms you can have and notice yourself which could be an indication you have Sleep Apnea, these include: Poor Quality of sleep, waking yourself by snoring especially if you have just fell asleep, headaches, depression and fatigue. There are a number of ways in which you can sort out these problems which your gp can explain to you. They can also help you to find the best solution which suits you best.

The Treatment Snorers have been advised to use gum guards, medication and nasal strips. Sleep Apnea however is more important to treat. The apap machine was invented to provide a strong force air into the airway via a CPAP mask, keeping them open. This way a sleeper won't stop breathing whilst asleep.

The amount of people who snore is very high, however they might be suffering from Sleep Apnea unknowingly.

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a APAP machine - First and foremost, writing is something I have always shown a natural flair for and I have been quick to learn a range of writing techniques. I have technical skills in a variety of online platforms in addition to excelling at creative writing projects. I also work closely with technical and administrative teams as part of my role.

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