



Community Hospital of the Monterey Peninsula®  
**SLEEP DISORDERS CENTER**

## Fact Sheet About Snoring and/or Sleep Apnea

- Does your snoring wake you up at night?
- Do you get nightly reminders “to turn over” or “stop snoring” from your bed partner for interrupting his or her sleep?
- Has anyone ever told you that you have pauses in breathing while you sleep?
- Do you fall asleep or become drowsy while driving?

If you answered yes to any of those questions, you may be 1 of 40 million Americans who suffer from obstructive sleep apnea.

Sleep apnea occurs when the muscles in the back of a sleeping person’s throat relax and cover or block the airway, stopping breathing.

Not all people who snore have sleep apnea. Snoring in itself is not enough. Snoring and “pauses” in breathing are what is called apnea.

Untreated sleep apnea can be life-threatening because the drop in oxygen levels can lead to high blood pressure, heart attack, difficult-to-control diabetes, and stroke.

Sleep apnea may increase the risk of heart failure because of the swing in blood pressure during apneic periods that occur numerous times during sleep.

Symptoms of sleep apnea include waking up in the morning just as tired as when you went to sleep, snoring, poor daytime concentration, and the inability to stay awake during normal daytime functions.

Sleep apnea can be caused by factors such as body shape, neck circumference (16 inches or larger in men, 15 inches or larger in women), and body mass index (BMI of 30 or greater).

When people sleep, their bodies need to relax, but for those who have high blood pressure their hearts don’t get that chance to rest because their pressures stay high when affected by sleep apnea.

Many people fail to get a good night’s sleep night after night, often without even realizing it.

According to the Mayo Clinic, only 10 percent of sleep apnea sufferers are diagnosed and treated.

Fortunately, Community Hospital of the Monterey Peninsula’s Sleep Disorders Center at Ryan Ranch is here to help. A simple referral from your doctor for a sleep consultation or sleep study can help see whether you are one of the 40 million Americans who suffer from sleep apnea.

Remember, we are here to help improve your health. For more information, call the Sleep Disorders Center at (831) 649-7210 or speak with your doctor.



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