

## Sleep Apnea

Obstructive Sleep Apnea is not just a lack of oxygen. Sleep Apnea is a lack of BREATHING at night. This causes a very serious condition that can damage your heart, brain and other organs, because of a lack of oxygen. It can eventually be fatal.

- Sleep Apnea CAN NOT be treated just by providing oxygen into your nose, since, if you don't breathe, you can't get the oxygen into your body.
- No currently known medical regimen is of much benefit in Sleep Apnea.
- Surgery for Sleep Apnea, where they cut away some of the soft tissue in the back of your mouth and throat, is less than 50% effective in the short term, and even less effective than that in the long term.
- The single best treatment for Obstructive Sleep Apnea is C-PAP (Continuous Positive Airway Pressure) using the nasal mask, nasal umbrellas or face mask, depending on your preference.

C-PAP devices put air into your airways at a constant pressure, and this functions as an 'Air Splint' to hold your airways open. In this way, the airways don't collapse, and you can breathe. If you are STILL low on oxygen, even with the C-PAP, then they will add oxygen, since, now that your airways are open and you are breathing, the oxygen can actually get into your lungs. But remember that the oxygen by itself just isn't enough.

Even though C-PAP with a mask or similar device is sometimes uncomfortable, and bothersome, it is very important that you make your very best effort to get used to this device and use it all the time. This may require you to only use it for a few minutes every night, at first, but eventually you must accustom yourself to it, since it is the only treatment that can help prevent damage and save your life.