

NON-PAP TREATMENT *for sleep apnea*

CLOSED AIRWAY
SLEEP DISORDER
GEN OVERWEIGHT
DRING BREATHING
RCISE AWAKE
TUDY SOLUTIONS
MA BENEFITS
ING ORAL APPLIANCE
WAYS SURGERY
LIFESTYLE
EALTH RISK ENERGY
SKS TREATMENT



AASIM American Academy of
SLEEP MEDICINE™

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WHAT IS OBSTRUCTIVE SLEEP *apnea?*

OBSTRUCTIVE SLEEP APNEA

Obstructive Sleep Apnea, or OSA, is a common sleep disorder. If you have OSA, it means that your airway collapses part or all of the way while you are sleeping. The airway can collapse repeatedly during the night. The air going to your lungs is decreased, and your brain wakes your body, so you can start breathing again. The decreased oxygen and frequent nighttime awakenings negatively affect your health.

WHAT HAPPENS IF OSA IS UNTREATED?

Risks of untreated OSA include:

- Heart attacks
- Stroke
- Depression
- Greater likelihood of diabetes

People with untreated OSA have an increased risk of car accidents.

LEARN ABOUT THE BENEFITS OF OSA TREATMENT

HOW IS OSA TREATED?

If you have been having symptoms or were recently diagnosed with OSA, you may be wondering what your next step is. There are many different treatment options for OSA. Positive Airway Pressure, or PAP, is the most common treatment for OSA. PAP therapy works by keeping the airway open during the night. These devices provide a stream of air through a mask you wear while you sleep. The airstream prevents your airway from closing, so you don't stop breathing and wake up during the night. PAP therapy helps people with all levels of OSA, from mild to severe.

The treatment that is right for you depends on many different factors. You can discuss which treatment is best for you with your health care provider.



For more information, visit [sleepeducation.org](https://www.sleepeducation.org)

LIFESTYLE CHANGES

For some people, lifestyle changes can help improve or eliminate their OSA. You can try the following in addition to other treatments for OSA.

LOSING WEIGHT: Weight loss can be very helpful for overweight people with OSA. Consult your health care provider before trying to lose weight. He or she can make sure that your weight loss program is both safe and effective. The best weight loss programs combine a healthy diet and regular exercise.



QUITTING SMOKING: Smoking irritates your mouth and throat and may make OSA worse. Talk with your health care provider to find a safe and effective way to quit smoking.

AVOIDING ALCOHOL AND SEDATIVES: Alcohol and sedatives can make OSA worse. Avoid drinking at night or drinking to excess. Talk to your health care provider about any sedatives (such as sleeping pills, anxiety, or pain medications) you are taking.

SLEEPING ON YOUR SIDE OR STOMACH: Sleeping on your back can make your OSA worse. Try changing your sleeping position to your side or stomach.

After you try changes to your lifestyle, see your health care provider to check if your OSA has improved.

Studies show that a regular exercise program can help improve OSA.

ORAL APPLIANCES

Oral appliances are medical devices approved for the treatment of OSA. Oral appliances may work best in people with mild to moderate OSA.

Oral appliances fit over the teeth and are worn during sleep. They can be fixed or adjustable devices. Both types work by moving the jaw forward or preventing the jaw from falling back during sleep to ensure that air can get through. Fixed devices often have to be readjusted by your sleep dentist to make sure they are effective. Adjustable devices can be repositioned without having to be remade.

Dentists who are experienced in the treatment of OSA make oral appliances. These devices are customized using a mold of your teeth to maximize fit and comfort. Don't use over-the-counter "boil and bite" mouth guards to treat your OSA. Evidence suggests that they do not work. Oral appliances may not work for you if you have preexisting jaw pain.

Talk with your health care provider if you would like to learn more about oral appliances.

SURGERY

Surgery may be used to help treat OSA. The most common options reduce throat tissue.

Some overweight people with OSA get weight loss surgery. These surgeries limit the amount of food someone can eat.

If you are considering surgery to treat your OSA, your health care provider should:

- Let you know the success rate of the surgery
- Explain ALL the possible risks and side effects

The results of a surgery may not be permanent. You will need to follow up with a health care provider after the surgery. An operation can be an effective treatment for some people, but it is not the right choice for everyone.

Talk to your health care provider about which OSA treatment is right for you.

**ASK ABOUT
PERSONALIZATION**

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