

is a disorder that interrupts sleep with the repeated collapse of the upper airways (when the throat muscles relax). Disturbed sleep may even cause complications affecting other parts of your body, especially with oxygen interruption resulting from this disorder.

# SLEEP APNOEA

## TREATMENT OPTIONS:

There are several ways to treat sleep apnoea. There is. However, no cure for the disorder besides surgery, which is viewed as a last resort because of the associated side effects.

## SYMPTOMS MAY INCLUDE:

- Snoring (the most common symptom)
- Difficulties with memory and concentration
- Unusual moodiness or irritability
- Morning headaches
- Dry mouth
- Frequently waking up to urinate at night
- Daytime sleepiness