



THE CONNECTION BETWEEN SLEEP DISORDERS AND HEART DISEASE

Several studies have shown a link between hypertension and the presence of a disorder of abnormal breathing during sleep called Obstructive Sleep Apnea (OSA). Not only hypertension common in those with OSA, but evidence suggests that OSA can lead directly to the development of hypertension. People with OSA have repeated interruption in breathing during sleep, caused by the main passage in the back of the throat closing or becoming too narrow. Every time the passage is blocked breathing stops and oxygen is used up. After a while (usually 10-20 seconds) the breathing difficulty causes a brief awakening. The awakening relieves the blockage in the breathing passage and normal breathing resumes, at least until the person falls back to asleep, when the entire process can repeat (often hundreds of time per night). The drop in oxygen level from not breathing and the increase in heart rate and blood pressure caused by waking up, put stress on the heart. These nightly increases in blood pressure eventually lead to permanent increases in blood pressure, even during the day.

It is important to treat hypertension since it is a known risk factor for the development of other forms of

SDR CLINIC AND SLEEP DISORDER INSTITUTE LLC

Is a center highly specialize in the evaluation, diagnosis and treatment of sleep disorders.

CALL US FOR MORE INFORMATION!

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cardiovascular disease such as heart attack, heart failure and stroke. But treating hypertension may not be enough if the key reason for a person's high blood pressure is an unrecognized sleep disorder like OSA. Hypertension Medications may not help if OSA remains untreated. For this reason, it is important for your health care professional to investigate the causes of your hypertension, including sleep disorder.

American Academy of Sleep Medicine

About 40% of the people with Congestive Heart Failure also have Sleep Related Breathing Disorder

