

Sleep Apnea Causes | The Different Treatments

How would you know you could be affected by sleep apnea, a type sleep apnea ? If when you are sleeping, your sleep is suddenly disrupted and forced you to wake up due to your inability to breathe for a few seconds. Below we are going to look at the different types sleep apnea causes and the different treatments which you can consider.

The Many Reasons For Sleep Apnea Causes

The main sleep apnea causes happen when you are sleeping, your lungs are unable to get air, or because your throat is suffering from a temporary collapse. Due to these you are forced to wake up at night or anytime you are having your nap because of your difficulty in breathing.

Lying On Your Back

Most common of cause of sleep disorder is due to the position you may be sleeping or when you are sleeping on your back. However, the primary cause of sleep disorder is when your tongue's muscle or throat relaxes over their normal range, and while you are sleeping on your back, this over relaxation of the muscles makes your mouth open wide in an gaping position which results in the tongue relaxing and later slipping up and towards the back of your mouth resulting you finally have difficulty in breathing.

Therefore, if found that sleeping on your back is one of the main sleep apnea causes, you just need to somewhat change your sleeping position and thus redeem your ability to sleep soundly again. Another possible cause of sleep disorder is when your adenoids or tonsils wax too large and to treat such a sleep apnea cause you may be required to undergo a surgery, but you have to get a consultation from your doctor who will then give you the best decision you need.

Being Overweight

Even as simple as being overweight can be considered as another one of sleep apnea causes, this is because when you are overweight your body fat can spread to all other parts of your body. Therefore, the soft tissue within your mouth as well as at the back of your throat will soon get some unwanted fatty deposits too which will cause the collapse as well as blockage of your breathing while you are sleeping.

However, by using a mouth piece it will help in case of mild sleep apnea since it will assure your tongue stays down and it will also keep your tongue in a position that will enable you to breathe continuously and thus ensuring you have adequate and restful sleep at night.

Size Of Skull and Neck Bones

Finally, you can also add the size of your skull and neck bones as another conceivable sleep apnea causes because often these skull and neck bones may be shaped in a style that forces your muscles to close over your throat when you are lying down and thus will spoil your sleep at night, when you are forced to wake up.

The best way to treat this and other sleep apnea causes is by using the Continuous Positive Airway Pressure treatment which is considered most suitable if you are suffering from an extreme case of sleep apnea.

About the Author

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