



Could It Be Sleep Apnea? Greenwood Snorers Find Out

Is it “normal” snoring, or a sign of sleep apnea? Greenwood residents can learn the difference now with Dr. Sammons.

The biggest telltale sign can be how you feel during the day. Normal snoring won’t interfere with the quality of your sleep to the extent sleep apnea does. Ask yourself; Am I told I’m a loud/regular snorer? Have I been observed gasping for breath during sleep? Do I wake feeling groggy or with a headache? Am I falling asleep sitting, reading, watching TV or driving during wake time hours? Is it difficult to concentrate or remember things? Do I wake with a dry mouth or sore throat?

If you’ve answered Yes to any of these questions, it may be you have sleep apnea. Greenwood sufferers, resist the temptation to pass this off as nothing more than an unfortunate annoyance. Why?

Sleep apnea not only negatively affects day time performance, but can lead to serious health problems like diabetes, high blood pressure, heart disease, stroke, and weight gain.

Obstructive sleep apnea is the most common type and occurs when the soft tissue in the back of your throat relaxes during sleep, causing a blockage of the airway (as well as loud snoring). As the air flow stops (typically for 10 to 20 seconds and up to hundreds of times a night), the oxygen level in your blood drops. Your brain responds by briefly disturbing your sleep enough to kick start breathing—often causing you to gasp or emit a choking sound.

Dr. Sammons is excited to report to sleep apnea sufferers in Greenwood that 91% of patients fitted with the appliance his practice provides report substantial improvements to their sleep! Call for more information today!

