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Sleep Apnea

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Abstract:

Sleep disorder is a involuntary pauses in breathing can result either from a blocked airway or signaling problem in the brain and it happens from a various risk factors and causes and it can be treated

Introduction:

Sleep apnea or sleep apnoea , it's a sleep disorder that occurs when individual's breathing is interrupted during sleep characterized by pauses in breathing or period of shallow breathing , each pause can last for a few seconds to a few minutes and they happen many times a night ,sleep apnea comes in two forms the first form called Obstructive sleep apnea (OSA), and the second form called Central sleep apnea (CSA) .¹

Discussion:

Before we discuss the causes and how is it treated , there's a brief details about the forms : Obstructive sleep apnea(OSA): is the most common form of sleep apnea , its caused by a blockage of the airway usually when the soft tissues in the back of the throat collapses during sleep.

Central sleep apnea(CSA): unlike the (OSA) the airway is not blocked, but the brain fails to signal the muscles to breath due to instability in the respiratory control center. And it caused by a various factors and causes the most common is muscular changes: when people sleep the muscles that keeps the airway open along with the tongue causing the airway to narrow, or physical obstructions: additional thickened tissue or excessive fat stores around the airway can restrict the air flow, brain function: in (CSA) the neurological controls of breathing are faulty causing the control and rhythm of breathing to malfunction. And it can be treated by various ways the firs of all is changing life style include alcohol cessation and smoke cessation also weight loss & side sleep , or treatment methods such as continuous positive airway pressure (CPAP): is the first choice treatment it keeps the airway open by gently providing a constant stream of positive air pressure through mask ,or surgery: can be used to stiffen or shrink obstructing tissue or remove excess tissue or enlarged tonsils, mandibular repositioning device (MRD): is a custom-made oral appliance suitable for individuals with mild or moderate (OSA) this device holds the jaw in forward position during sleep to expand the space behind the tounge .²

Conclusion:

Sleep apnea is the most common sleep disorder causing uncomfortable problems and if it left untreated it may lead to potentially serious health complications such as depression and heart disease.

References:

- 1-<https://www.webmd.com/sleep-disorders/sleep-apnea/sleep-apnea>
- 2- <https://www.sleepapnea.com/>
- 3- <https://sleepfoundation.org/sleep-disorders-problems/sleep-apnea>