

Sleep Apnea 睡眠窒息症

Sleep Apnea is a potentially serious sleeping disorder that causes abnormal breathing. People with untreated sleep apnea stop breathing repeatedly throughout the night which causes the brain and the rest of the body to not get enough oxygen.

睡眠窒息症是一種嚴重的睡眠紊亂，會導致睡眠期間呼吸異常。未經治療的睡眠窒息症患者會在整個晚上反復暫停呼吸，從而導致大腦和身體其餘部分無法獲得足夠的氧氣。

Types of Sleep Apnea 睡眠窒息症的類型

Obstructive sleep apnea (OSA)

阻塞性睡眠窒息症:

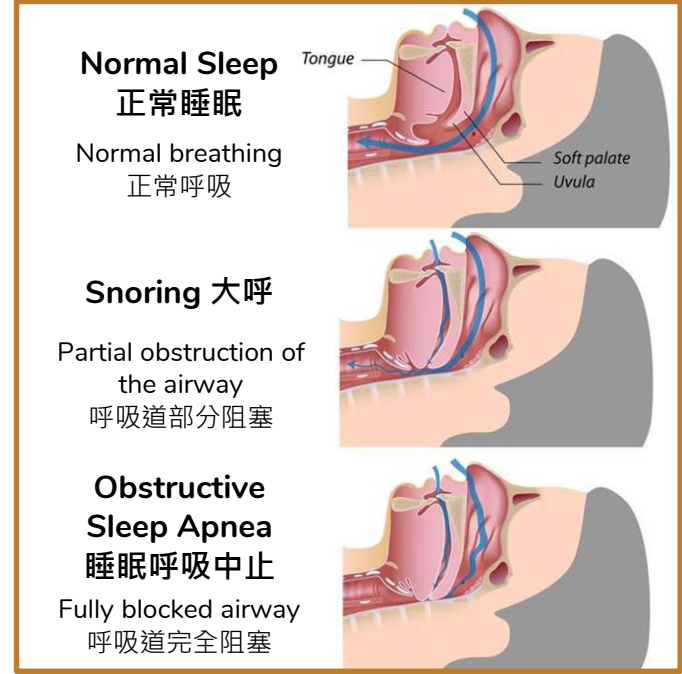
Blockage of the airway, usually caused by soft tissues in the back of the throat collapsing during sleep.

氣道阻塞，通常由睡眠中咽喉後部軟組織的塌陷引起的

Central sleep apnea 中樞性睡眠窒息症:

Unlike OSA, the airway is not blocked. Central sleep apnea occurs when the brain fails to signal the muscles to breathe due to the instability of the respiratory control system.

與阻塞性睡眠窒息症不同，氣道不會被阻塞。當呼吸控制系統不穩定，大腦無法發出信號，就會發生中樞性睡眠窒息。



Effects of Sleep Apnea (if left untreated) 睡眠窒息症 的影響 (未經治療)

- High blood pressure 高血壓
- Stroke 中風
- Heart failure 心臟衰竭
- Irregular heart beats 不規則心跳
- Heart attacks 心臟病
- Diabetes 糖尿病
- Depression 抑鬱症
- Headaches 頭痛
- Decreased Sexual Performance 性能力下降
- Slower cognitive abilities 認知能力減慢
- Decrease in motor functions 運動能力下降

OSA Sleep Apnea Treatment Options 阻塞性睡眠窒息症治療選擇

- **Lifestyle changes 改變生活方式:** Weight management, quitting smoking, limiting alcohol intake. 體重管理、戒烟、限制酒精攝入
- **Positional therapy 睡姿治療:** A behavioral technique to change your sleeping position to allow correct breathing during sleep. 改變睡覺姿勢，使睡眠時能正確呼吸
- **Oral surgery 口腔手術**
- **Orthodontic treatments 牙齒正畸**
- **CPAP 睡眠呼吸機**

CPAP (Continuous Positive Airway Pressure) Machine 睡眠呼吸機

A CPAP machine increases steady air pressure in your throat so that your airway does not collapse when you breathe in during sleep. Research shows that CPAP decreases daytime sleepiness and increases cognitive performance. 睡眠呼吸機能在您的喉嚨內增加穩定的氣壓，以使您的氣道在睡覺期間不塌陷。研究表明，睡眠呼吸機能減少白天嗜睡，增強認知能力。



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