

WHAT WILL HAPPEN IF SLEEP APNEA IS NOT TREATED ON TIME?

Are you someone who is suffering from sleep apnea?

This means that the breath pauses of sleep apnea can hardly contribute to death, and if this is not the case, you will just stop breathing. However, OSA can cause various unhealthy risks that may result in fatal health problems, among them sudden death.

Why does it happen?

Obstructive sleep apnea is the most common and occurs when the muscles at the back of your throat relax, and the muscles are unable to keep the airways open, which interrupts breathing. Indeed, severe sleep apnea requires a person to come out of sleep several hundred times at night, which results in poor sleep.

There are two categories of sleep apnea. The first is known as central sleep apnea, in which your brain is unable to regulate your breathing during sleep. This type of sleep apnea is much less familiar than the obstructive kind, but it can be feted at [sleep apnea dentistry near me](#).



Risk of the Sleep Apnea

Poor memory consolidation

Sufficient sleep contributes to the development of proper neural connections throughout the brain. These connections are crucial, depending on the ability to transform and rearrange different memories and even store them within the right areas of the brain.

When an individual with sleep apnea does not seek treatment, he or she has to wake up several times during the night, which is referred to as fragmented sleep. People who suffer from sleep or the consequences of interrupted sleep have overloaded or damaged neural connections in the brain that cannot operate efficiently.

Cardiac issues

Sleep apnea experts say that obstructive sleep apnea results in a repeated occurrence of hypoxic episodes or cases of low oxygen levels within the body, thereby forcing the body into the fight or flight kind of mode. With this, the heart also pumps faster than normal; this is called tachycardia, high blood pressure, also termed hypertension, and high levels of stress and inflammation. Thus, any disturbance of the cardiovascular system affects the whole body unfavourably.

Diabetes

An organism is comprised of many systems, all of which have to function together in order for the body to perform as designed. The metabolic system is involved in the digestion of foods consumed and their conversion into energy for the body's use. This, according to the medical records of many users of obstructive [sleep apnea Houston](#), reduces the capacity of the body to moderate the levels of sugar in the blood. It also raises the amount of carbon monoxide found in the blood, meaning that insulin resistance impacts various parts of the body.

Daytime sleepiness that is severe or excessive.

The common and noticeable early morning tiredness is also another sign of OSA, and this is especially prevalent in the population that is untreated for this disorder while sleeping. Extreme SO implies a state of unsatisfactory or complete wakefulness during the day and deprives the body of energy or almost no energy during the day due to insufficient rest at night. This condition is characterised by feelings of extreme vitality before a person goes to sleep and feelings of extreme fatigue after the person wakes up in the morning.

Lack of quality sleep leads to quality of life.

It is a familiar situation when people have a tendency to sacrifice their night's sleep. Unaddressed obstructive sleep apnea results in continuous deprivation of sleep that impacts different sectors of an individual's life. It may cause such effects as changes in mood or behaviour, an inability to perform basic tasks, and sometimes memory impairment.



In Conclusion

If you or your partner have observed symptoms associated with sleep apnea, you should consult your physician. A sleep specialist can prescribe a **Houston sleep apnea** test that involves the use of equipment that records your breathing and oxygen status at night. Sometimes, you go to a laboratory to sleep for the night for supervision purposes, so it is better to get it treated by an **emergency dental**.