

Understanding The Impact Of Untreated Sleep Apnea On Overall Health

Sleep apnea Houston is one of the many sleep disorders that go unnoticed, yet it has severe effects on the general health of an individual once diagnosed and untreated. It is defined by the cessation of breathing during periods of sleep, resulting in disrupted sleep and low oxygenation in the bloodstream. It is thus vital to recognize the health consequences of untreated sleep apnea and consider it for [sleep apnea treatment houston](#).

Probably the first and most apparent consequence of undiagnosed sleep apnea is that the quality of sleep will be poor. Sleep apnea sufferers have disrupted sleep; they wake up repeatedly during the night and do not enter the deep stages of sleep. From this comes increased daytime naring, drowsiness, and poor concentration, which will have consequences on day-to-day activities and working efficiency as well as the general wellbeing of the affected individuals.



Apart from the direct effect on sleep, there are many statistically proven dangerous complications of untreated sleep apnea. Out of all the side effects, the link to cardiovascular issues is one of the most worrying. It is dangerous for patients with sleep apnea because sleep apnea contributes to hypertension: episodes of low blood oxygen levels induce stress reactions in the body, which results in increased blood pressure. This, over time, can lead to developing hypertension, a prominent condition that is linked with the probability of developing heart disease and stroke. Besides that, sleep apnea contributes to heart rhythm irregularities and is a risk factor for heart attacks and heart failure, so connecting with an **obstructive sleep apnea doctor** is essential.

The final impairment relevant to untreated sleep apnea is metabolic health. It is associated with insulin resistance and glucose intolerance, thus predisposing the individual to type 2 diabetes. Given that SDB [sleep-disordered breathing] reduces sleep and hypoxies (intermittent low oxygen), the body is unable to effectively metabolize fat, which consequently causes weight gain and difficulty losing the extra weight. This leads to a cycle because obesity is one of the causes of sleep apnea.

Cognitive functions can also be affected, considering that sleep apnea can also affect the mental health of an individual if not treated. The fact that patients suffer from chronic sleep deprivation and suffer from oxygen deficiency in their bodies can affect their mood, usually in the form of depression or anxiety.

[Houston sleep apnea](#) interferes with the welfare of neurotransmitters in the brain, contributing to the escalation of these disorders by hindering quality sleep. Additionally, various facets of the cognitive change caused by sleep apnea, including concentration and memory issues, can also support emotional afflictions.

In addition, untreated sleep apnea has social and interpersonal consequences. The effects, such as sleepiness throughout the day and fatigue, result in poor interaction with society and, hence, relationship problems. Regular snoring, which is another symptom of sleep apnea, also results in an association between bed and wakefulness, leading to arguments and bed separation.



It is thus essential to identify the symptoms as well as the signs of sleep apnea in order to avoid these health risks. These are loud snoring, sleep apnea, which is a situation where one's breathing is abnormal during sleep, and this can be observed by a partner choking or pausing while sleeping, and a constant feeling of being sleepy during the day. If sleep apnea is suspected, then this condition requires medical assessment, and in most cases, a sleep study test is required to arrive at the diagnosis.

In A Nutshell

This article has said what the major problems are that you need to face if you are having sleep problems. So, to make your sleep apnea better, connect with a **sleep apnea clinic houston tx**. Moderate cases can be healed by adopting a new lifestyle that includes regular exercise, weight loss, and abstinence from alcohol and sedatives. Continuous positive airway pressure (CPAP) is the main treatment for moderate-to-severe sleep apnea. It provides a steady stream of air to guarantee air passage while a person is asleep.