

# Common Myths About Sleep Apnea Debunked

Sleep apnea is a major problem that is faced by the youth, as their sleep is not as tight and deep as it has to be. Many people are so stressed and are used to overthinking every topic that is not necessary. This overthinking can cause problems in their life, and this also leads to the snoring problem. However, there are also other myths about sleep apnea that you need to know and discover at the right time. So, to know more about it and to have an idea about [sleep apnea physicians near me](#) treatment, continue reading the article.

## Myth: Sleep Apnea Is Just Related To Snoring

No, this is not only related to snoring, but the fact is that it involves repeated pauses in breathing that usually last from a few seconds to minutes. This also affects the quality of sleep. Fatigue, excessive daytime sleepiness, and other health issues can result from these disruptions. To get the right therapy, it's critical to distinguish between harmless snoring and potentially hazardous sleep apnea.



## Myth: Simply Overweight People Have Sleep Apnea

It is often seen that people who are healthy have the sleep apnea problem, but that is not true. This can occur in people of any size and shape, which can lead to major conditions. Some factors, like age and other risks, also lead to the snoring issue in the body. Older folks, children, and thin people are also in danger. It is imperative to acknowledge that sleep apnea can impact individuals of any body type in order to encourage people exhibiting symptoms to get evaluated.

## Myth: Sleep Apnea Is Not A Serious Condition

Many people state that sleep apnea is not a serious condition. But this is not true. The fact is that if you are not treating this problem on time, then this can lead to heart disease, high blood pressure, stroke, and

diabetes. Some research also proves that there is a high chance of risk that it might lead to accidental daytime drowsiness.

Furthermore, the **sleep dentist Houston** says that this illness may have a major negative effect on mental health, including anxiety and depression. It is essential to treat sleep apnea in order to avoid these possibly fatal consequences.

## Myth: Alcohol Helps With Sleep Apnea

You can get instant results from consuming alcohol, but this is not the permanent solution. The consumption of alcohol can relax the muscles of the throat, but this might later worsen sleep apnea by increasing the likelihood of airway collapse during sleep. Alcohol use, particularly close to bedtime, can exacerbate the disease. Thus, those with sleep apnea should restrict or avoid alcohol consumption.



## Myth: CPAP Therapy Is the Only Snoring Treatment Houston

In modern times, there is a lot of [snore treatment near me](#) options available for every disease. Fortunately, there are alternative therapies available, such as lifestyle adjustments, weight management, positioning therapy, dental appliances, and even surgical solutions in some circumstances. A healthcare provider can assist in determining the most appropriate treatment based on the individual's personal needs and the severity of the ailment.

## In Short

Through this article, you are now familiar with all the major things that you need to know if you are having a sleep apnea problem. Now, when you have this problem, it is best to connect with the doctor at the right time for **sleep apnea treatment Houston TX** before experimenting with any other solution. By getting care from the doctor, you can make your life better because sleep is necessary for a healthy lifestyle.