Sleep apnea

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A nurse plays a vital role in the recovery process of any patient. Their performance matters a lot when a patient is in a critical situation and needs support and help. There are many patients in the hospital that encounters sleep disorders of various kinds. If the nurses know about the sleep disorders types and symptoms they can identify them and help the patients so that they can be treated. Nurses are often the first ones to know the sleep disorder of a patient in the hospital as they are taking care of the patient. Due to this, I have selected an article on sleep apnea.

Sleep apnea is a type of disorder in which breathing potentially stops and start repeatedly while a person is asleep. It is caused by caused when the throat muscle relaxes. It has three types. The first one and the most common type is obstructive sleep apnea (OSA) in which the throat muscle relaxes causing complete or partial obstruction of the airway (LYLE D VICTOR, 1999). The second is central sleep apnea which is caused when the muscles responsible for controlling the breathing process are not getting proper signals from the brain. The third one known as complex sleep apnea is basically the combination of the above-mentioned types. In this article, the basic focus will be on obstructive sleep apnea.

According to studies, 1 out of every 5 adults have OSA and almost 18 million people in the US have this condition. Although more than 20% have been diagnosed with sleep apnea and got treated (Davis, 2018).

Being a nurse it is important to know this common type os sleep apnea as most of the patients experience this without even knowing that they have a sleep disorder. When a person is suffering from obstructive sleep apnea the symptoms they experience are snoring, dry mouth, headaches, and, sleep deprivation. There are certain risk factors that increase the chances of a person having OSA. Some of them are obesity, genetics, narrowed airway, nasal congestion, and, etc. Sleep apnea of any type can be cured (Quan & Kapur 2019). The treatment includes surgery in which the surgeon widens the airway and continuous airway pressure therapy. However, it is important to do major lifestyle changes as well as to cure and prevent sleep apnea.

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