



Learn 6 Lifestyle Remedies for Sleep Apnea

Description

Sleep apnea is a condition in which you stop breathing for brief periods while sleeping.



People who have sleep apnea do not get enough oxygen. This causes them to gasp and frequently awaken. People are frequently unaware that they have stopped breathing and believe that their sleep cycle is normal. Snoring is a common symptom of sleep apnea.

Aside from making you sleepy in the morning, sleep apnea can create a number of health concerns. If left untreated, this sleeping disorder can: cause

- mental health problems
- cause impaired immunological function

- help to cause memory loss
- raise your chances of developing heart failure

Breathing equipment, medication, and surgery are all common treatments. Some lifestyle adjustments and home care, on the other hand, can improve your quality of life and sleep.

Remedy for sleep apnea through lifestyle

Wearing a CPAP mask at night is a traditional treatment for sleep apnea. Although efficient, some people find this strategy to be unsettling. However, some home cures may provide the same advantages. Here are six non-traditional therapies for sleep apnea.

Keep a healthy weight.

Doctors frequently advise persons suffering from sleep apnea to lose weight. Obesity, particularly in the upper body, increases the risk of airway blockage and narrowing of the nasal passages. These impediments can cause you to stop breathing abruptly or for extended periods while you sleep.

Maintaining a healthy weight can help keep your airways open and lessen sleep apnea symptoms. According to research trusted Sources, a small weight loss in patients with obesity can eliminate the need for upper airway surgery or long-term CPAP therapy.

In some circumstances, losing weight helps cure sleep apnea. However, if you regain your weight, the issue may reappear.

Attempt yoga.

Exercise regularly can boost your energy, strengthen your heart, and treat sleep apnea. Yoga, in particular, can boost your respiratory strength and increase oxygen flow.

Sleep apnea is connected with low blood oxygen saturation. Yoga's varied breathing exercises might help you increase your oxygen levels. As a result, yoga minimizes the number of sleep disruptions you may have.

Change your sleeping position.

Altering your sleep position, albeit a minor alteration, can help lessen sleep apnea symptoms and enhance your night's sleep. According to a 2006 study, more than half of obstructive sleep apnea cases are position-dependent.

According to research, sleeping on your back, also known as the supine posture, might aggravate symptoms. However, sleeping on one's side can help some individuals' breathing return to normal.

However, according to a 2002 study trusted Source, children with sleep apnea sleep better on their backs.

Discuss your body alignment and sleep apnea symptoms with your doctor to determine your treatment choices.

Make use of a humidifier.

Humidifiers are air-conditioning devices that add moisture to the air. The body and respiratory system might be irritated by dry air. Using a humidifier can help open your airways, reduce congestion, and promote cleaner breathing.

Consider adding lavender, peppermint, or eucalyptus oil to a humidifier for additional advantages. These three essential oils are well-known for their anti-inflammatory and calming properties.

- When cleaning your humidifier, follow the manufacturer's directions. Molds and germs can live in them.
- Buy a humidifier online.
- Avoid drinking and smoking.

Changes in your lifestyle can enhance your health and encourage improved sleeping patterns. For example, consider stopping smoking and minimizing your alcohol consumption to decrease sleep apnea consequences.

Alcohol relaxes the muscles in your throat that govern your breathing. This might result in snoring and a disrupted sleep pattern. It can also cause inflammation in your airways, obstructing airflow.

Tobacco usage, like alcohol, can cause inflammation and swelling in your airways. This can aggravate your snoring and sleep apnea.

According to a 2012 study trusted Source, smoking is a risk factor for developing sleep apnea. Furthermore, the study indicated that patients with sleep apnea might be predisposed to smoking; hence treating sleep apnea may aid in smoking cessation.

Utilize oral appliances.

Oral appliances, which adjust your jaw or tongue to keep your airway open while you sleep, can help sleep apnea.

Mandibular advancement devices and tongue stabilizing devices are the two major categories. These reduce the obstruction at the back of your throat by pushing your lower jaw or tongue forward.

These appliances range from low-cost over-the-counter (OTC) choices to custom-fit devices fitted by a dentist.

Oral appliances are recommended by the American Academy of Dental Sleep Medicine as an effective

treatment for sleep apnea.

A 2015 guideline recommends oral appliances for adults with sleep apnea who cannot tolerate a CPAP device. This guideline prefers custom-fit appliances to over-the-counter choices because they allow for fine-tuned jaw placement, resulting in greater sleep quality.

What is the prognosis?

Some sleep apnea home remedies and lifestyle adjustments can help to alleviate symptoms. Traditional remedies, on the other hand, should not be overlooked. In addition, prescribed drugs and, in rare cases, surgery is part of the treatment options for this illness.

Before exploring alternative treatment, discuss your alternatives with your doctor. Then, seek medical assistance right once if your symptoms worsen.

Category

1. Lifestyle

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