

What is Sleep Apnea?

- ✓ Sleep apnea is a health condition in which breathing repeatedly stops and starts while sleeping
- ✓ Sleep apnea is common in individuals with lung disease due to alpha-1 antitrypsin deficiency (AATD)
- ✓ If it is not treated, sleep apnea can lead to worse outcomes, including stroke, heart attack, and type 2 diabetes
- ✓ There are two types of sleep apnea: obstructive sleep apnea and central sleep apnea
- ✓ This document focuses on obstructive sleep apnea, which is the most common type of sleep apnea

What are the Symptoms of Sleep Apnea?

- ✓ Symptoms of sleep apnea include:
 - Snoring loudly
 - Feeling tired, fatigued, or sleepy during the daytime
 - Gasping for air when sleeping
 - Difficulty staying asleep
 - Having a dry mouth, sore throat, or headache when you wake up
 - Having trouble focusing during the day
 - Bed partner reports that you stop breathing when you sleep

Are You Sleepy?

- ✓ Daytime sleepiness is a symptom of sleep apnea. Below are some situations in which you may feel sleepy:
 - Sitting and reading
 - Watching TV
 - Sitting in a public place, such as a theater
 - Riding as a passenger in a car
- ✓ These items are part of a tool to measure excessive daytime sleepiness called the Epworth Sleepiness Scale. Two websites that have more information about this scale are <https://www.sleepfoundation.org/sleep-studies/epworth-sleepiness-scale> and <https://epworthsleepinessscale.com/>

When Should You See a Healthcare Provider?

- ✓ If three or more of the following statements describe you, you are at high risk for sleep apnea. It will be important to discuss sleep apnea with a healthcare provider.
 - Snore loudly (louder than talking or loud enough to be heard through closed doors)
 - Often feel tired, fatigued, or sleepy during the daytime
 - Anyone has noticed you stop breathing when you were sleeping
 - Have high blood pressure
 - Have a body mass index (BMI) greater than 35
 - Are over age 50
 - Have a neck circumference greater than 40 centimeters
 - Are male
- ✓ These items are part of a tool to screen for sleep apnea called the STOP-BANG questionnaire. Two websites that have more information about this questionnaire are <http://www.stopbang.ca/> and <https://www.mdcalc.com/calc/3992/stop-bang-score-obstructive-sleep-apnea>

What are the Treatment Options?

- ✓ If you have been diagnosed with sleep apnea, work with a healthcare provider to determine the best treatment options for you. Get a referral to a sleep specialist if needed.
- ✓ Treatment options include:
 - Behavioral measures: Weight loss can improve sleep apnea. There are many ways to improve sleep in general, including avoiding caffeine in the afternoon/evening, and not using electronics before bed.
 - Oral appliances: This involves wearing a device in your mouth while you sleep. The device helps you breathe while you sleep by preventing the tissue in the airway from collapsing.
 - CPAP: The most common treatment for sleep apnea is a breathing device called CPAP (continuous positive airway pressure). This device helps you breathe while you sleep by keeping the upper airways open. If you have tried and failed this therapy, then visitation to a sleep specialist is recommended.
 - Inspire implant: This is an FDA-approved implanted device under the skin that uses electricity to retract the base of the tongue muscles and open the airway. It is similar to a pacemaker that is turned on to sleep.