



Living With Sleep Apnea



Overview

If you have sleep apnea, it's important to follow your treatment plan. That's because sleep apnea is a serious disorder. If you don't manage it properly, you can have serious complications. It can be fatal. Here are a few things you should think about.

Focus on your health

First, focus on your health. Eat a heart-healthy diet. That's a diet rich in things like vegetables, fruits, whole grains and lean meats, and one that avoids salt, sugar, saturated fats, trans fats and alcohol. Exercise regularly, and work to get to and stay at a healthy weight. If you smoke, kick the habit. And make sure you are getting the right amount of sleep.

Use your CPAP machine

If your doctor has prescribed a CPAP machine or some other breathing device, make sure you use it every time you sleep. Even when you nap. Learn how to clean it properly, and follow all the instructions carefully. This can help give you quality sleep. Be sure to ask your doctor about possible side effects related to CPAP use. Tell your doctor if you begin to have problems like nasal congestion, runny nose, dry mouth, dry eyes or nosebleeds.

Go to your medical appointments

Finally, make sure you go to all of your medical appointments. Visit your doctor and your dentist regularly. You may also need followup sleep studies. These are important. If you don't make your health a priority, you raise your risk for serious complications.

Conclusion

By following your healthcare plan, you can manage your sleep apnea successfully. Talk to your doctor for more information.

