

Results for Life

Monthly tips and topics for a healthier lifestyle



What is Sleep Apnea?



Sleep apnea is a common condition in which you have one or more pauses in breathing or shallow breaths while you sleep. Breathing pauses can last from a few seconds to minutes. They often occur 5 to 30 times or more an hour. These pauses can impair the amount of oxygen to the brain and the rest of the body. Typically, normal breathing starts again, sometimes with a loud snort or choking sound.

Sleep apnea can disrupt your sleep. You often move from a state of deep sleep into one of lighter sleep when your breathing pauses or becomes shallow. This results in poor sleep quality, which makes you tired during the day. Sleep apnea is one of the leading causes of excessive daytime sleepiness.

Am I at Risk for Sleep Apnea?

Sleep apnea can affect anyone at any age, even children. Risk factors for sleep apnea include:

- Male
- Overweight
- Age 65 and older
- Smoking
- Large neck size (17 inches or greater in men and 16 inches or greater in women)
- Large tonsils, a large tongue, or a small jaw bone
- Family history of sleep apnea
- Gastro esophageal reflux, or GERD
- Nasal obstruction due to a deviated septum, allergies, or sinus problems

Fit Tip of the Month

How Sleep and Exercise Do a Body Good



Though research shows that exercise is good for one's body and health, properly timing exercise is necessary to maximize the beneficial effects. For example, a good workout can make you more alert, speed up your metabolism and energize you for the day ahead, but exercise right before bedtime can lead to a poor night's sleep. All the jumping jacks in the world won't make up for a night of tossing and turning! Sleep experts recommend exercising at least three hours before bedtime, and the best time is usually late afternoon. Exercising at this time is beneficial because body temperature is related to sleep. Body temperatures rise during exercise and take as long as 6 hours to begin to drop. Because cooler body temperatures are associated with sleep onset, it's important to allow the body time to cool off before sleep.

Suzanne Toon, MS, Exercise Physiologist



**Move Into Health
Benefits of Exercise**

To view this recorded webinar, visit
www.interactivehs.com

What Are the Effects of Sleep Apnea?

If left untreated, sleep apnea can result in a growing number of health problems including:

- High blood pressure
- Increased risk for cardiovascular conditions such as stroke, heart failure, irregular heartbeats, and heart attacks
- Diabetes
- Depression
- Worsening of ADHD (Attention Deficit Hyperactivity Disorder)

Untreated sleep apnea may cause poor performance in everyday activities, such as at work and school. Motor vehicle crashes are another danger of untreated sleep apnea. Be aware of the dangers of driving or operating heavy machinery if you suffer from daytime drowsiness as a result of obstructive sleep apnea.

What Are the Signs and Symptoms of Sleep Apnea?

It can be difficult to identify sleep apnea on your own, because the most prominent symptoms only occur when you're asleep. You can get around this by asking a bed partner to observe your sleep habits or recording yourself during sleep. A helpful mnemonic is the "3 S" rule, which consists of **S**norring, **S**leepiness, and **S**ignificant other reporting episodes of snoring and sleep apnea.

Major signs and symptoms of sleep apnea:

- Loud and chronic snoring
- Choking, snorting, or gasping during sleep
- Long pauses in breathing
- Daytime sleepiness, no matter how much time you spend in bed

Other common signs and symptoms of sleep apnea include:

- Dry mouth or sore throat when you wake up
- Morning headaches
- Restless or fitful sleep
- Insomnia or nighttime awakenings
- Going to the bathroom frequently during the night
- Waking up feeling out of breath
- Forgetfulness and difficulty concentrating
- Moodiness, irritability or depression

What are the Signs and Symptoms of Sleep Apnea in Children?

Obstructive sleep apnea can be common in children; however it's not always easy to recognize. In addition to continuous loud snoring, children with sleep apnea may adopt strange sleeping positions and suffer from bedwetting, excessive perspiration at night, or night terrors. Children with sleep apnea may also exhibit changes in behavior during the day, such as:

- Hyperactivity or inattention
- Developmental and growth problems
- Decrease in school performance
- Irritable, angry or hostile behavior
- Breathing through mouth instead of nose

If you suspect your child may have sleep apnea, consult a pediatrician who specializes in sleep disorders. Once

Coming Soon:
Strategies for Stress Success

Date: July 26, 2012
 Time: 12:00pm – 1:00pm CST

[Register Now](#)

A recorded version of the webinar will be available for viewing at a later date on the IHS member website.

Recipe of the Month



Eat Well, and Sleep Tight

For a better night's sleep, eat cherries. Cherries are rich in vitamins and contain melatonin, a substance also found in the human body that helps regulate sleep. They also contain tryptophan, an amino acid our bodies convert into melatonin and serotonin. Health experts believe melatonin and serotonin will help induce sleep, or at the very least, create a sense of relaxation and well-being. Other foods high in tryptophan include dairy foods, chicken, turkey, bananas, oats, and peanuts.

The great news is that cherries are in peak season June through August. Enjoy a great summer recipe that may help enhance your sleep.

Grilled Chicken with Cherry-Chipotle Barbecue Sauce

8 servings

- 1 cup fresh or frozen (thawed) dark sweet cherries, pitted and chopped
- 1 medium onion, finely chopped
- ½ cup reduced-sodium chicken broth
- 1/3 cup cherry preserves
- 1/3 cup ketchup
- 2 tablespoons cider vinegar
- 1 ½ teaspoons minced canned chipotle chilies in adobo sauce
- 1 ¼ teaspoons dried thyme
- ½ teaspoon ground allspice
- 2 pounds (8 breasts) boneless, skinless chicken breasts, trimmed

obstructive sleep apnea is diagnosed, surgery to remove the child's tonsils or adenoids usually corrects the problem.

See a Doctor Immediately If You Suspect Sleep Apnea

Despite being very prevalent in the population, obstructive sleep apnea is not diagnosed in up to 80% of patients who suffer from the condition. Unfortunately, most primary care physicians miss the diagnosis; therefore patients should be very direct in describing their symptoms or possibly even simply asking, "Do I have obstructive sleep apnea?" Otherwise direct consultation with a pulmonologist or a sleep specialist may be in order.

What's Your Snore Score?

Your answers to this quiz indicate your risk for sleep apnea:

1. Are you a loud and/or regular snorer?
2. Have you ever been observed to gasp or stop breathing during sleep?
3. Do you feel tired or groggy upon awakening, or do you awaken with a headache?
4. Are you often tired or fatigued during the wake time hours?
5. Do you fall asleep sitting, reading, watching TV or driving?
6. Do you often have problems with memory or concentration?

If you have one or more of these symptoms you are at higher risk for having obstructive sleep apnea.

Source: American Sleep Apnea Association

1. Stir cherries, chopped onion, broth, preserves, ketchup, vinegar, chipotle peppers, thyme and allspice in a small deep bowl. Transfer to a shallow nonreactive dish (such as glass) large enough to hold chicken. Add chicken and turn to coat well. Cover and marinate in the refrigerator for at least 2 hours or overnight.
2. Preheat grill to high. Oil the grill rack. Remove the chicken from the marinade. Transfer the marinade to a medium skillet.
3. Bring marinade to a boil. Reduce heat to a simmer and cook until the sauce is reduced to about half, 12 to 15 minutes.
4. Reduce grill heat to medium and grill the chicken until cooked through and no longer pink in the middle, 7 to 9 minutes per side. Let chicken cool slightly and serve with the sauce.

Nutrition information per serving:

Calories: 180
Total Fat: 3 grams
Saturated Fat: 1 gram
Carbohydrates: 15 grams
Protein: 24 grams
Fiber: 1 g
Sodium: 179 milligrams

Adapted from eatingwell.com

**Chef and Registered Dietitian
Cheryl Bell, MS, RD CDE**

Tom Stathopoulos MD – IHS Medical Staff

Resources:

- [American Sleep Apnea Association](#)
- [National Heart Lung and Blood Institute](#)
- [Interactive Health Solutions, Inc.](#)

About Interactive Health Solutions

Interactive Health Solutions provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate, and reward* you as you begin a journey on the pathway to better health. We will create a personalized pathway that is unique to your health status. Our program will provide you with the specific tools and resources you need to achieve your personal health goal.



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