

Sleep Apnea Memphis

Sleep Apnea is a sleeping disorder in which you experience pauses in breathing. The suspension in breathing can take place 5 to 30 times in one hour and later on you may feel normal. This normal breathing comes with a loud snort or choking sound. Some symptoms of sleep apnea are: loud snoring, daytime sleepiness, irritability, loss of alertness, morning headaches, and anxiety or depression.

There are a lot of patients of Sleep apnea Memphis. It is an ongoing condition in which many children experience disruption in their sleep. It can happen for 3 or more nights in a week. Many people are not aware about this because it happens while sleeping. It is a written fact that more than 18 million people in America are going through from this syndrome and most of them are ignorant about it, however, this can be treated successfully.

Sleep apnea Memphis is as common as any other city in US. Most people are diagnosed with obstructive sleep apnea Memphis in which airway collapses and stops air from reaching into the lungs. There are several reasons and causes for airway collapse during the sleep. It can be due to nasal obstruction or excessive tissue at the back of throat. The kids who have large tonsils and uvula, are victims of this. The people who are obese have to face sleep apnea. Sleep apnea Memphis is generally found in people that have weak airway open muscles.

A study held on sleep apnea Memphis children, according to this study, the disorder is common in overweight children. The researches of sleep apnea Memphis suggested that the disorder can be cured by exercise. The report on sleep apnea Memphis children shows that problems like obesity, type 2 diabetes, and depression are closely connected with sleep disturbances.

The research was done by taking sample of one hundred overweight children who were 7 to 11 years old, to check the effect of exercise on metabolism. Sleep apnea Memphis children were divided in three groups. The first group was not given any exercise, the second has to do 20 minutes exercise, and third has to work out for 40 minutes daily.

The diagnostic was carried out by giving a questionnaire to parents who disclosed that one fourth of the children had problems in breathing during night. Half of the children recovered after the exercise of three months. The progress was great among children who exercised most. Negatively tested sleep apnea children, also showed improvements in their sleeping habits.

Daily exercise is necessary for good health. It is always suggested by doctors for people of all ages. The parents should take their children for daily exercise to save them from sleep apnea disorder.

About the Author

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