

Testing for Sleep Apnea with Health Renewal

Sleep Apnea is a common disorder affecting a number of people and occurs when a person experiences pauses in breathing or shallow breaths whilst asleep.



These pauses can range from a few seconds to minutes in some cases and can happen between one and thirty times in an hour.

The pauses are often ended with a loud snort or choking sound, at which point normal breathing starts again – until the next pause.

Sleep Apnea disrupts sleep patterns, as the person experiencing the condition goes from a deep sleep into a shallow, more restless sleep when their breathing pauses or becomes shallow. This can result in daytime exhaustion and sleepiness and interrupt the body's restoration, healing and resting cycles.

Read full article here: <http://joburgwest.getitonline.co.za/2016/03/20/testing-for-sleep-apnea-with-health-renewal/#.VvDaRW9JnIU>