

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.

It is hard to diagnose Sleep Apnea, as it cannot be detected in blood tests and doctors may not pick it up during routine patient visits. As it only occurs during sleep, a family member or bed partner would often be the first to notice the condition.

If you feel exhausted during the day, or if your partner has noticed unusual breathing patterns while you sleep, contact Health Renewal on 086 126 3972.

To read the full article click here:

http://spice4life.co.za/healthy_living/testing-for-sleep-apnea-with-health-renewal/