

Reasons Of Sleep Apnea Memphis

Sleep apnea is a sleeping disorder in which a person goes through suspension in breathing. The suspension in breathing can take place 5 to 30 times in one hour and later on you may feel normal. The loud snort or choking sound will result in to your normal breathing. Loud snoring, daytime sleepiness, irritability, loss of alertness, morning headaches, and anxiety or depression, are some of the signs of sleep apnea.

Sleep apnea Memphis is a common problem. It is an ongoing condition in which many children experience disruption in their sleep. You may experience sleep disruption 3 or more times in a week. Many people are not aware about this because it happens while sleeping. You will be surprised to know more than 18 million Americans suffer from this disorder and many of them are unaware about it, but the good thing is that sleep apnea can be treated successfully.

Sleep apnea Memphis is as common as any other city in US. Obstructive sleep apnea Memphis is very common in which airway collapses and prevents air from reaching into the lungs. There are several reasons and causes for airway collapse during the sleep. The two primary reasons are: excessive tissue at back of throat and nasal obstruction. 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 also very common in people whose airway open muscle strength is weak.

A sleep apnea Memphis study shows that this 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 distributed in three groups. The first group was told not to do any exercise, the second was asked to do 20 minutes exercise, and the third has to do 40 minutes exercise 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. After three months of exercise, another questionnaire was filled by the parents that showed a remarkable recovery; half of the sleep apnea Memphis children recovered. 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. Everyone should take daily exercise. It is the responsibility of parents to take their children for daily exercise to save them from sleep apnea disorders.

About the Author

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