

## **LOUD HABITUAL SNORING MAY SIGNAL A POTENTIALLY LIFE THREATENING SLEEP DISORDER: OBSTRUCTIVE SLEEP APNEA (OSA)**



Are you getting a good night sleep? Sleeping well through whole night makes people feel refreshed and alert all day. Professor Arth Nana, President of the Thoracic Society of Thailand and of the Local Organizing Committee for the 13<sup>th</sup> Congress of the Asian Pacific Society of Respiriology stated, “Not everyone is able to get a restorative eight hours of sleep they need. Particularly, behaviours during normal daytime activities may reveal signs of sleep disorder. For those, who have sleep disorder, are often unaware of their health condition and think they sleep well. A common sleep disorder includes snoring, which can lead to an even more serious disorder. Loud snoring is a social problem that both affects your health, marital relationship, decreased intellectual functioning and can make you feel ‘embarrassed and disconnected’ to other people. For adults or even children, loud snoring can become habitual and may signal a potentially life threatening disorder – Obstructive Sleep Apnea (OSA).”

Obstructive Sleep Apnea (OSA) is a common sleep disorder that can be very serious and even life threatening. In OSA, your breathing stops while you are sleeping. These breathing pauses generally for 10 – 30 seconds and can occur up to 20 – 30 times an hour throughout the night (Source: The Canadian Lung Association, 2006). Professor Arth Nana added, “OSA occurs during sleep as air cannot flow into your lungs, through your nose and mouth, even though you are trying to breathe. Typical symptoms may include snoring with pauses in breathing, excessive daytime drowsiness, gasping or choking during sleep, memory loss, depression, nighttime chest pain, and morning headaches. In serious cases, symptoms may include hypertension (high blood pressure) and heart problems, which can lead to heart attacks, strokes, and even death.”

Obstructive Sleep Apnea (OSA) is one of the topics in the 13<sup>th</sup> Congress of the Asian Pacific Society of Respiriology, which will be held on 19 – 22 November 2008 at Queen Sirikit National Convention Center, Bangkok, Thailand. For more information, please contact at 662 229 3333 or by email at [secretariat@apsr2008.org](mailto:secretariat@apsr2008.org).