



## Sleep Apnea and its Cure and Diagnosing Criteria

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### Abstract

This research deals with most common sleeping disorder sleep apnea. How is it caused and diagnosing criteria and cure of sleep apnea and how it can cause sleeping disturbance.

**Keywords:** Sleeping; Sleep Apnea; Circadian Rhythm; Rem Sleep; Non Rem Sleep

Sleep apnea is the obstructive Sleep disorders in which person present with the loud snoring during the sleep it occurs due to rapid blocking and opening of airway (may be pathological or physiological) [1].

### Pathological

Any nasal tumor or nasal lymphadenitis or foreign Particle can cause sleep apnea [2] (acute) and these can be cured by curing underlying conditions [3].

### Physiological sleep apnea

Hormone induced

- Disturbance in the circadian rhythm for long time due to disturbance in the release of melatonin can cause the [4] sleeping disturbance and can lead to secondary sleep apnea [5].
- Type 2 diabetes and obesity lead to fat deposition in the body can lead to the narrowing of the air pathway leading to the sleep apnea [6].
- Prediabetic condition.

Diagnosing criteria [7]

- Loud snoring during sleep
- Sleeping and waking frequently
- Restlessness during sleep
- Tired and fatigued after waking up
- Sleep disturbance
- Feeling sleepy just after waking up
- Nightmares
- For hormone induced it may be high melatonin or low melatonin sleep apnea.

### High melatonin sleep apnea

High Amount of melatonin lead to the deep sleep and beyond threshold if melatonin secreted than it lead to deep sleep and lead to lowering of breath and lead to sleep apnea for the 1 to 2 hours.

### Low melatonin sleep apnea

Due to low melatonin content it lead to imperfect sleep and the rapid breathing leading to sleep apnea for few Minutes.

- Cure of sleep apnea
- Cure underlying cause
- For high Melatonin take beta blocker
- For low melatonin take melatonin supplements.

### Discussion

We discussed about the sleep apnea its type and role of melatonin in sleep apnea and diagnosing criteria of sleep apnea.

### Conclusion

Sleep apnea can be physiological due to hormone melatonin and can pathological.

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