

Re: Ping, Becky! (Re: Sleep Apnea)

Source: <http://sci.tech-archive.net/Archive/sci.med.transcription/2007-01/msg00182.html>

- *From:* Phyllis Nilsson <phyllisnilsson@xxxxxxxxxxxxxxxxxxxxxx>
 - *Date:* Mon, 01 Jan 2007 21:30:29 -0500
-

One of the effects of sleep apnea is muscles don't get enough oxygen to work properly. Our hearts are muscles. Because his sleep apnea had gone undiagnosed for so long, they found he had developed congestive failure because of it.

The doctor said that, even with the trache and oxygen, he would still awaken often during the night, just as he did when he would stop breathing and awaken. He said the brain stem had been "programmed" over the years to the cycle of waking and sleeping throughout the night. He was right. My husband still wakes up dozens of times during the night. Had it been diagnosed earlier, perhaps the outcome would have been better.

Blupencl wrote:

I've had it for years. I know it needs to be seen to.

—
Toledo, Ohio

.