The Side Effects of Sleep Apnea

You might know the main symptoms of sleep apnea, like waking up suddenly and having to inhale a breath or just being fatigued in general, but this condition causes a lot of other side effects as well. Knowing them helps you understand why you experience certain things and can also signal to having sleep apnea.

**Fatigue Throughout the Day**

Have you noticed that you get a lot of tiredness and fatigue during the day, even during times when you know you should have slept enough? This is often a sign of getting poor sleep, even though you didn’t realize it. You might have been waking up more than once in the middle of the night because of your shallow breaths or pauses in your breaths.

**Issues With Focus and Concentration**

When you have sleep apnea, you don’t sleep very well, which can keep you from being able to focus during the day. If you have noticed that when the other symptoms of sleep apnea started, you also had reduced concentration and focus, it could be another big sign of sleep apnea. Many people with this sleep disorder struggle with focusing at work or school.

**Acid Reflux**

GERD and acid reflux are both common side effects for having sleep apnea. Not only are they more common if you have sleep apnea, but they can also be part of the cause of this sleep disorder. Acid reflux causes a burning acid sensation in your throat and near your heart, called heartburn. It will usually be worse after a meal, following eating or drinking something with a lot of acid, or when you are lying down.

**Intimacy Problems**

Sleep apnea is more common in men, and can also cause erectile dysfunction as a major side effect. This link is usually with obstructive sleep apnea, which is the more common form of this sleep disorder. If you are a man and have intimacy issues, it is possible that you have sleep apnea.

**Gasping When Waking Up**

This is often the first sign people notice when they have sleep apnea. If you have noticed that you are not only waking up suddenly in the middle of the night, but you tend to be gasping for air, it could be sleep apnea. This happens because you go a matter of seconds without breathing properly or you have shallow breaths, which sends a signal to your brain to wake you up.