Why Sleep Apnea is Dangerous

Sleep apnea causes shallow breathing and pauses in your breath while you sleep. While most people end up waking up to regain their breath, it can be dangerous to live with if you don’t get treatment. Here are some dangers of having sleep apnea.

**It is Linked to Cardiovascular Disease**

Aside from the obvious dangers, like stopping breathing at night, a major concern with sleep apnea is the link between this disorder and cardiovascular health. It can affect both your blood pressure and heart disease risk. It is a known fact that sleep apnea is often linked heavily to heart disease since you have lower oxygen when your sleep it constantly disrupted. It also causes a lot of stress on your heart when this continues to occur. Many people with sleep apnea also discover their blood pressure rises from this stress.

**It Can Be a Sign of Obesity**

One of the bigger risk factors of sleep apnea is being overweight. Weight comes on so slowly that you might not realize you have reached obesity status until you get a condition like sleep apnea. Being overweight has a lot of different dangers for your physical health, so if you have sleep apnea, you might want to talk to your doctor about getting on a good weight loss program.

**You Might Experience Insomnia**

With sleep apnea, you will likely wake up multiple times a night due to the shallow breathing and pauses in your breathing. This can create insomnia, which then results in more fatigue during the day. Sleep is extremely important both for your physical and mental health, so you shouldn’t just accept that you can’t sleep well. This is one of the reasons you need to get treatment for your sleep apnea. With better sleep, you have more focus and clarity, a lot more energy during the day, and will be happier overall.

**Mental Health is a Factor**

It is also good to be aware of your mental health when you have any type of sleep disorder, including sleep apnea. Just about every side effect of sleep apnea can also have a negative effect on your mental health. When you don’t get good sleep, it affects anxiety and depression, and can even trigger panic attacks and depressive episodes. If you notice that your mental health is declining, it is a good reason to talk to your doctor about your signs of sleep apnea.