Mayo Clinic Minute: What happens to your body when you have obstructive sleep apnea?

VIDEO	AUDIO
	Obstructive sleep apnea occurs when a person stops and starts breathing while asleep. It happens because the throat muscles relax and block the airway.
23:50 **Virend Somers, M.D., Ph.D.** **Cardiovascular Medicine** **Mayo Clinic**	"The tongue can fall backwards and can obstruct the airway, causing either snoring or obstruction."
	When a person is breathing normally, their blood oxygen saturation level is usually between 95% and 100%. Mayo Clinic's Dr. Virend Somers says obstructive sleep apnea can drop that oxygen level down to as low as 70% or 60%.
	It can cause high blood pressure and strain your cardiovascular system, increasing the risk of heart problems.
30:28 **Dr. Somers**	"What we can do is give you an oxygen monitor to wear at home and look at the oxygen tracing. And if it looks problematic, then you can have a sleep study."
	If you're diagnosed with sleep apnea, treatment may include weight loss, a continuous positive airway pressure machine, or CPAP; a mouthpiece designed to keep the throat open; postural therapy to prevent you from sleeping on your back; or even surgery or implanting a device that stimulates the airway to be more open during sleep.
	For the Mayo Clinic News Network, I'm Jason Howland.