



# DENTAL SLEEP MEDICINE NEWSLETTER



PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



## WOMEN'S HEALTH & SLEEP APNEA

Bonus: Mother's Day Word Search & Self Care Tips

### WOMENS HEALTH & OBSTRUCTIVE SLEEP APNEA (OSA)

Many women with obstructive sleep apnea (OSA) don't realize that their breathing becomes abnormal when they sleep. While signs and symptoms can occur in people of any sex or gender, some symptoms are more common in women than men. Women with obstructive sleep apnea are more likely to report the symptoms of insomnia, depression, morning headache, restless legs, nightmares, and heart palpitations.

In women, signs of OSA may be mistakenly attributed to other conditions.

- **Menopause:** OSA often develops during menopause and the symptoms of OSA can be mistakenly attributed to menopause.
- **Depression:** Depression is a common symptom of OSA in women, but a doctor may not realize that obstructive sleep apnea is the underlying cause of a person's mental health condition.
- **High blood pressure:** Untreated OSA increases the risk of high blood pressure. Doctors may detect high blood pressure in women and not recognize that increases in blood pressure are linked to undiagnosed OSA.

Many of the risk factors for obstructive sleep apnea are similar in all people, however some risk factors may have a unique impact on women.

- **Age:** Age is the most significant risk factor for obstructive sleep apnea, but getting older has a more significant impact on the risk of obstructive sleep apnea in women, especially after menopause.
- **Overweight and obesity:** Women tend to develop sleep apnea at a higher body mass index (BMI) when compared to men. This means that body weight may have more of an impact on the development of obstructive sleep apnea in men.
- **Polycystic ovarian syndrome:** Women who have polycystic ovarian syndrome (PCOS) experience hormonal changes that make them more susceptible to developing obstructive sleep apnea.
- **Hypothyroidism:** Obstructive sleep apnea is more common in people with an underactive thyroid, a medical condition called hypothyroidism. Hypothyroidism is significantly more common in women.

Research has also found that obstructive sleep apnea also puts women at a higher risk of developing thinking impairment or dementia. This is possibly due to not getting enough oxygen in the brain because of breathing disruptions.

**Ask us how you can receive a sleep wellness consultation!**



Here are five simple self care tips that can help you improve your mood and well-being this May!

## Mother's Day

A	C	S	T	L	A	Q	E	F	T	S	G	I	H
P	A	E	A	E	R	M	L	T	E	Y	R	T	H
P	M	O	M	M	Y	O	R	L	A	D	A	H	R
R	C	R	R	S	W	O	D	D	M	S	T	O	A
E	U	U	C	E	I	D	N	O	T	N	E	U	G
C	E	O	R	O	U	U	M	I	R	T	F	G	N
I	T	S	T	C	S	U	I	S	A	C	U	H	I
A	M	O	T	H	E	R	C	O	D	E	L	T	R
T	O	I	W	N	E	R	D	L	I	H	C	F	U
E	F	A	M	I	L	Y	O	D	T	H	D	U	T
L	M	E	M	O	R	I	E	S	I	E	E	L	R
E	T	A	R	B	E	L	E	C	O	A	S	E	U
E	R	E	T	H	G	U	A	D	N	R	I	D	N
D	R	M	T	E	U	Q	U	O	B	T	Y	L	I

DAUGHTER  
MOTHER  
TRADITION  
CHILDREN  
CUDDLES  
MEMORIES

MEMORIES  
SUNDAY  
BOUQUET  
APPRECIATE  
FAMILY  
NURTURING

THOUGHTFUL  
HEART  
GRATEFUL  
FLOWERS  
CELEBRATE  
MOMMY

- 1. Take 15 minutes to yourself each day.**  
This can include reading, listening to music you like, watching silly videos on YouTube, or writing in a journal.
- 2. Get Outside.** This can include taking a walk outside or sitting outdoors while eating dinner. The fresh air can boost your mood.
- 3. Make Small, Healthy Dietary Changes.**  
Some easy small changes include drinking more water or limiting your sugar. Knowing you're doing something good for your health can help restore your self-confidence and overall health.
- 4. Make High-Quality Sleep a Priority.** This self-care tip can be vital to a healthy overall sense of well-being. In addition to getting enough hours of sleep, you also need to get enough high-quality sleep. This includes going to sleep at the same time every day, refraining from looking at phones at least one hour before going to bed, and keeping your bedroom dark and cool to promote better sleep.
- 5. Try a Positive Reflection.** Taking some time to reflect on your day can help you to practice this emotional self-care tip. Reflecting on all the good things in your life can enhance your feelings about your life.

