

The Romano Foundation

Source : Social Study

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## **Sleep Apnea leading to emotional aggressive man**

For Decades snoring partners in the bedroom have been a huge problem.

Studies conducted over 500 clients over the year 2011 -2012 have shown that 99 percent of overweight to obese male patients have obstructive breathing while sleeping ending up in snoring and 68 percent in females.

***Sleep apnea** is a sleep disorder characterized by abnormal pauses in breathing or instances of abnormally low breathing, during sleep. Each pause in breathing, called an apnea, can last from at least ten seconds to minutes, and may occur as much as 200 times throughout the night. Similarly, each abnormally low breathing event is called a hypopnea.*

*There are three forms of sleep apnea: central (CSA), obstructive (OSA), and complex or mixed sleep apnea (i.e. a combination of central and obstructive) constituting 0.4%, 84% and 15% of cases respectively. In CSA, breathing is interrupted by a lack of respiratory effort; in OSA, breathing is interrupted by a physical block to airflow despite respiratory effort, and snoring is common.*

Regardless of type, an individual with sleep apnea is rarely aware of having difficulty breathing, even upon awakening. Sleep apnea is recognized as a problem by others witnessing the individual during episodes or is suspected because of the effects on the body. Symptoms may be present for years (or even decades) without identification, during which time the person may become conditioned to the daytime sleepiness and fatigue associated with significant levels of sleep disturbance.

Common effects of sleep apnea include daytime fatigue, a slower reaction time, and vision problems . The part of the brain that uses memory and learning is also affected. Due to the disruption in daytime cognitive state, behavioral effects are also present. This includes moodiness, emotional and psychotic disorders, aggression as well as a decrease in attentiveness .

Finally, because there are many factors that could lead to some of the effects previously listed, some patients are not aware that they suffer from sleep apnea and are either misdiagnosed, or just ignore the symptoms altogether.

Dietary changes have shown quick changes especially with significant weightloss, regular exercising and controlled chronic disease like high bloodpressure and diabetes. The diaphragm can better exert itself and breathing gets better as abdominal fat reduces.

The sleep hormones are most likely under control and the use of complex carbohydrates which normally tranquilize after eaten are lowered to sometimes even taken away.

For further information on how to change your situation please feel free to visit the website : [www.romanofoundation.com](http://www.romanofoundation.com) or call one our prevention and rehabilitation facilities at 62-7550 or 221-0687 or send an e-mail to [info@romanofoundation.com](mailto:info@romanofoundation.com)