



# Sleep apnea

Persons with this sleep disorder may not fully wake up and remain unaware that their nighttime breathing is abnormal.



The most common type of sleep apnea is obstructive sleep apnea. With this, the airway narrows or gets blocked during sleep. This causes loud snoring, harsh breathing, and snorting sounds. Breathing may stop for 10 or more seconds at a time. Daytime sleepiness is another common symptom.

See your doctor if you have these signs, including if your sleep partner notices them but you do not. If left untreated, sleep apnea can lead to heart disease, high blood pressure, and other problems.

Learn more about sleep apnea from the National Sleep Foundation at [sleepfoundation.org](https://sleepfoundation.org) and the National Center on Sleep Disorders Research at [nhlbi.nih.gov/health/sleep-apnea](https://nhlbi.nih.gov/health/sleep-apnea).