

### **Four “At-Home” Remedies to Treat Sleep Apnea**

1. **Lavender:**  
Lavender has very soothing, sedative compounds which will relax the muscles in the throat and mouth, allowing for higher quality sleep. Lavender has been used for eons to promote better sleep. Add a few drops of lavender essential oil to a bath and enjoy a soak before bedtime.
  2. **Throat Exercises:**  
Strengthening the muscles in and around the throat area can keep airways open so you breathe freely at night. This will reduce snoring and other breathing problems. Try exercises such as saying the alphabet with exaggeration or blowing balloons to stretch muscles that are used when inhaling and exhaling.
  3. **New Pillow:**  
There are numerous pillows for sale that will position the head and neck so that the airways remain open and clear, allowing for easier breathing. These are available online or in many medical device locations that sell other items such as crutches or wheelchairs.
  4. **Epsom Salt Soak:**  
Epsom salt is actually just magnesium flakes, which relax muscles and create an overall feeling of well-being. Epsom salt will also reduce inflammation throughout the body. To try this method, simply add two cups of Epsom salt in a bath filled with very warm water and mix well. Soak in this bath for 20 two 30 minutes at least an hour before bedtime.
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How did YOU know you had sleep apnea? Comment your story below!

Do you wake up in the morning with a headache, feeling just as tired as when you went to sleep? Has your spouse made you move to the room next door, exhausted by listening to you snore, gasp, and choke every night? If so, you may have sleep apnea. But, we can help! Call us to schedule an appointment today! Feel great again! Give us a call at (844) 859-2525!

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#### **DO I HAVE SLEEP APNEA?**

Take the following questionnaire to see if you may be at risk for sleep apnea:

- 1) Do you snore loud enough to be heard through closed doors?
  - 2) Do you often feel fatigued, or sleepy during the day?
  - 3) Has anyone ever observed you stop breathing during sleep?
  - 4) Are you being treated for high blood pressure?
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#### **DID YOU KNOW:**

Sleep disorders make it difficult for our bodies to maintain the functional balance known as homeostasis. When we lose sleep, our various biological systems are affected in adverse ways.

As a result, the health of many of our organs including our kidneys is at risk.

The kidneys, two bean shaped organs located just below the rib cage, extract waste from the blood, balance body fluids, form urine, and aid in other important functions in the body.

The kidneys' ability to metabolize certain medications and nutrients changes between day and night due to shifts in our circadian rhythm. Because kidney function is regulated by the sleep/wake cycle, the kidneys can suffer severe consequences from sleep loss and likewise kidney dysfunction can negatively affect sleep patterns.

The most common form of kidney dysfunction associated with sleep apnea is Secondary Nocturnal Enuresis (SNE) casually known as bedwetting. SNE occurs in adults who usually control bladder function during the day but lose that control at night when they sleep. While SNE is caused by a host of underlying problems, two of the highest on the list are snoring and obstructive sleep apnea.

Sleep apnea occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea can stop breathing hundreds of times during their sleep leaving the brain and the rest of the body without enough oxygen. When your body doesn't get enough oxygen, it can lead to brain and internal organ damage. And in the case of the kidneys, it can lead to kidney disease and/or dysfunction.

NOT FOR RESALE