

What is Sleep Apnea?

Sleep apnea is a serious, potentially life threatening sleep disorder. It is as common as adult diabetes and affects more than 12 million Americans. The Greek work apnea means "want of breath". Sleep apnea refers to episodes in which a person stops breathing for 10 seconds or more during sleep. With each episode, the sleeper briefly wakes up in order to resume breathing, resulting in extremely fragmented, poor quality of sleep.

