Lifestyle Changes to Manage Sleep Apnea

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En Español (Spanish Version)

General Guidelines for Managing Sleep Apnea

Lose Weight

Obesity is a major risk factor for sleep apnea. If you’re overweight, talk to your doctor about a reasonable weight loss goal and a safe weight loss program. As little as a 10% weight loss can greatly reduce the number of sleep apnea episodes that occur each night.

Stop Using Alcohol and Sedative Medications

Both alcohol and sedative medications are nervous system depressants. This means that they affect the brain, causing it to function more slowly and less effectively. Using alcohol and/or sedatives will increase the frequency and number of sleep apnea episodes that occur each night. When you stop taking these products, your sleep apnea may improve.

Sleep on Your Side

Some people find that sleeping on one side, rather than sleeping on their backs or on their bellies, greatly reduces sleep apnea. You can use a variety of pillows to comfortably prop yourself on your side.

REFERENCES:


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