Reducing Your Risk of Sleep Apnea

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En Español (Spanish Version)

There are a few things you can do to lower your risk of sleep apnea. These include:

Maintain an Appropriate Weight

Obesity is the number one risk factor for sleep apnea. If you are overweight, you may be able to prevent the development of sleep apnea by talking to your doctor about a weight loss program. If you’re not overweight, try to maintain an appropriate weight through proper diet and exercise.

Limit Alcohol Intake

Drinking alcohol can increase the number of sleep apnea episodes you have each night. Therefore, limit your intake of alcohol.

Avoid Taking Sedative Medications

Sedative medications can exacerbate sleep apnea. Try to avoid use of these medications.

Don't Smoke

Heavy smokers are 40 times more likely to develop sleep apnea than nonsmokers. If you smoke, quit.

REFERENCES:


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