

Why my breathing stops while I sleep ?

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INTRODUCTION

obstructive sleep apnea is a problem in which breathing pauses during sleep , This occurs because of narrowed or blocked airways in this case may result from tonsillitis, and can continue to 10 seconds or longer causing low levels of oxygen in the blood, this condition occurs in children and obese. There are **2 types** of sleep apnea: central and obstructive. 1.central: it happen because the brain doesn't signal respiratory muscles in the right way due to problem in respiratory control center, which causes stop breathing to a period of time or to breathe so lightly 2.Obstructive: in children may be caused by (Aden tonsillitis), while in adult caused as a result of obesity or over weight. The tonsils (palatine tonsils) are a pair of soft tissue masses located at the end of the throat (pharynx), The tonsils are part of the lymphatic system, which helps to fight infections. (figure 1)



Figure 1 : Gross appearance of tonsillitis

DISCUSSION

during sleep when throat and tongue muscles are more relaxed “parasympathetic” includes the muscles that help keep throat open so air can flow into lungs, the soft tissue , in obese or patients with tonsillitis can cause the airway passage to become blocked. There's the study was done in 2002 shows the association between tonsillitis and OSA , The Aim of this study to determine the extent to which tonsil size contributes to the severity of obstructive sleep apnea (OSA) in children , the Methods was Lateral neck radiograph was performed on 35 children A total of 24 boys and 11 girls (median age 6.2 years) were studied , All presented with symptoms of OSA, and tonsillar hypertrophy was detected , the Results shows that Children with OSAS have larger tonsils on clinical inspection than other children without OSA , the patient complained with repeatedly stop and start breathing while sleeping , Red swollen tonsils, Sore throat , Difficult or painful swallowing , Fever . because OSA caused by tonsillitis had a lot of complications, the tonsillectomy should be done as a part of treatment . (figure 2 and 3)

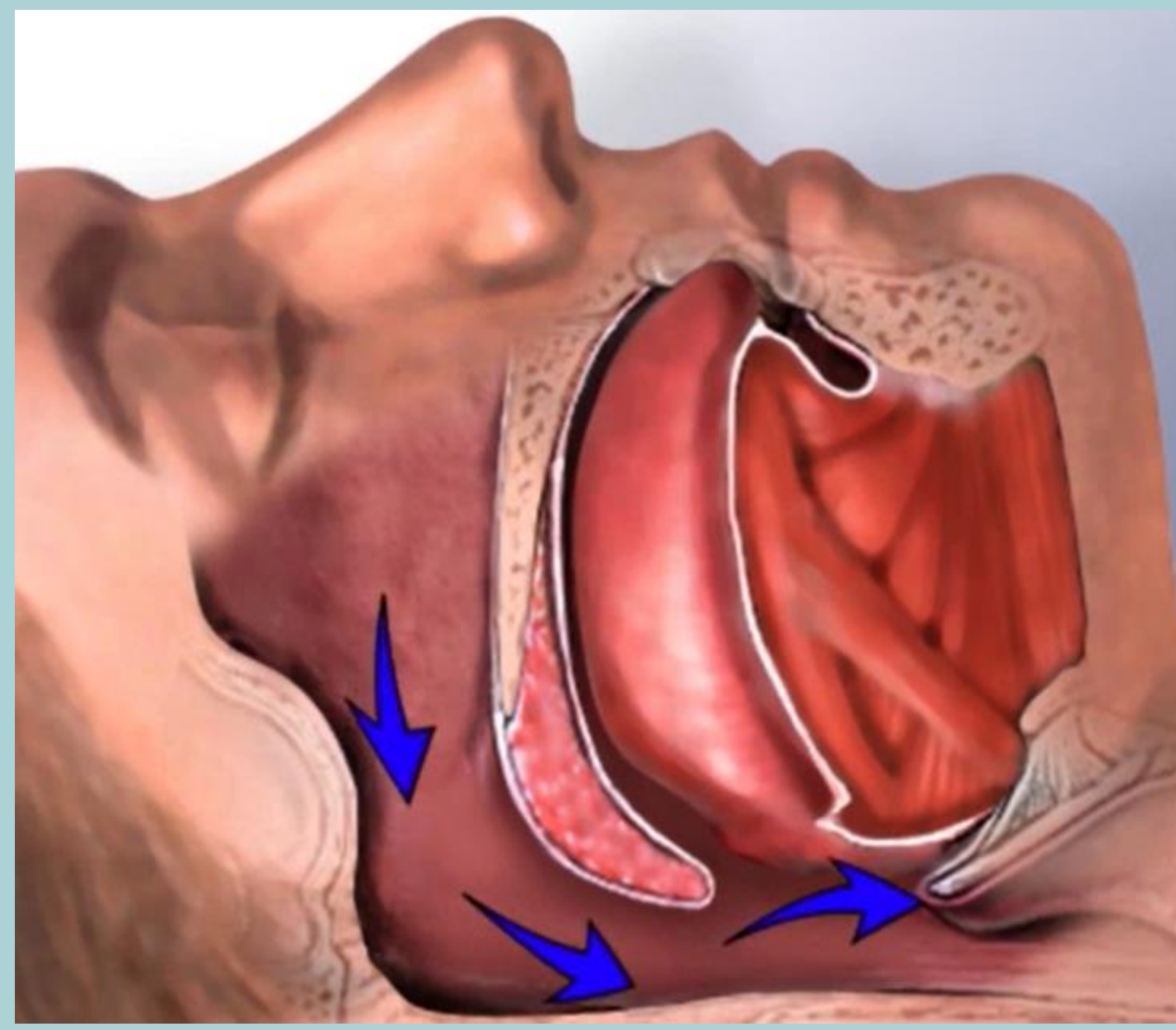


Figure 2 : flow of air during sleep

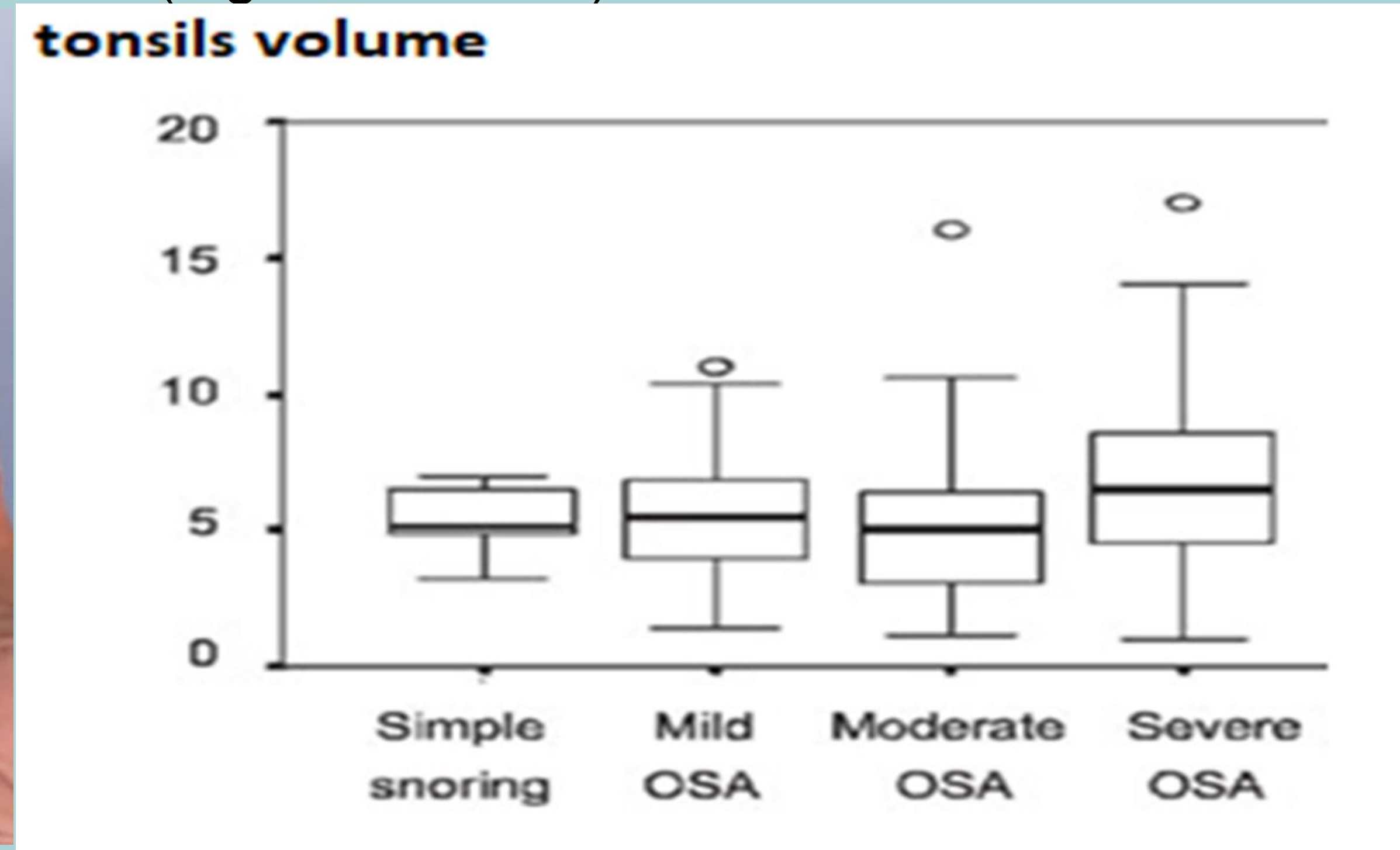


Figure 3 : Association of OSA and tonsillitis

CONCLUSION

- 1-OSA is characterized by recurrent events of partial or complete upper airway obstruction during sleep, resulting in disruption of normal ventilation and sleep patterns .
- 2- the main cause of tonsillitis is a viral infection “ in children mainly “ .
- 3- OSA is four times common in men as in women “hormone related condition ” .
- 4- A tonsillectomy can be effective .

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