Sleep Apnea Treatments Cheat Sheet

Thank you once again for taking my Sleep Apnea Treatments e-course!

This cheat sheet\(^1\) is an unadvertised bonus for customers who have taken the e-course, and is meant as a companion to my comprehensive book on proven sleep apnea treatments (including case studies of 9 sleep apnea survivors!)

To learn more, please visit:

http://ApneaTreatmentGuide.com/provensleepapneatreatments/

In this sheet I provide a summary of the 7 alternative sleep apnea treatments described in my book. You can use it as an “at-a-glance” guide to the treatments.

I hope you enjoy it!

To your good health,

Marc MacDonald, M.Sc.

P.S. If you would like to learn more about my ground-breaking book, please go here:

http://ApneaTreatmentGuide.com/provensleepapneatreatments/

\(^1\) Please note that the materials presented herein are not meant to replace medical advice. This cheat sheet simply provides a summary of treatments that have been used by others. Because of the serious, long term health issues of sleep apnea, it is recommended that any treatment be discussed with your own physician. If an alternative method of treatment is perceived to be successful, it is also recommended testing through traditional medical sources to verify your results.
**Easiest Sleep Apnea Treatments**

These alternative sleep apnea treatments are the easiest to do, but will not overcome your apnea. They are “quick fixes” that may help you to get a better night’s sleep, while you are looking into permanent apnea solutions. With any alternative that is not coordinated with your doctor, document level of apnea prior to treatment. A sleep study is recommended. The reason is to have an objective measurement of apnea condition pre and post treatment.

1. **Change your sleeping position**

Applicable for: snoring and minor sleep apnea.

**Description of treatment**
- This treatment involves sleeping on your side, instead of on your back.
- Sleeping on your back is perhaps the worst position to aggravate snoring and apnea events, because sleeping on your back allows the jaw to fall back, as well as the tongue – which cuts off your airway.

**How to do it**
- When you go to bed, simply sleep on your side; or
- Sew a sock onto the back of your pajama top, and place a tennis ball in the sock (this will prevent you from rolling onto your back during sleep); or
- Use a specially-designed sleep pillow.

**Risks and Benefits**
- No health risks (except maybe a sore back from the tennis ball!)
- No/limited cost
- Minor inconvenience.

2. **Breathing solutions**

Applicable for: snoring, mild to moderate apnea and those with obstructions primarily in the outer nasal areas or those with minor nasal congestion.
Description of treatment
• Mechanical means to hold nostrils open

How to do it
• Purchase products from pharmacy, online, etc, follow directions

Risks and Benefits
• Minimal cost
• May result in topical irritant.

3. **Didgeridoo therapy**

Applicable for: mild to moderate apnea.

Description of treatment
• Breathe control therapy focusing on strengthening airway muscles calming.

How to do it

• Advise doctor of treatment. Verify level of apnea with sleep study if not already done.
• Practice breathing exercises as suggested through advice (links) or consulting with physical trainer, doctor, pulmanologist. (Doctor specializing in lungs and breathing).
• Purchase or make a didgeridoo out of PVC pipe
• Gain instruction from purchased device or through practice with other like minded people.

Risks and Benefits
• Minimal cost
• Motivation and commitment to practice may be hurdles
• Strange noise (music?) may bother neighbors.
• Any breath control may alter overall mood, resulting in a more relaxed and calm demeanor.

4. **Singing therapy**

Applicable for: mild to moderate apnea.
Description of treatment
- Similar to didgeridoo but more commitment required to strengthen airway muscles.

How to do it
- Advise doctor of treatment.
- Verify level of apnea (sleep study)
- Follow instructions
- Ignore looks from strangers 😊

Risks and Benefits
- Minimal cost
- Mood altering affects will make you happy
- Level of intensity during exercises directly affects results.

**Sleep Apnea Treatments Requiring Moderate Effort**

These alternative sleep apnea treatments take more effort on your part, but it is possible to completely overcome your apnea with these methods. With the exception of self motivated changes, most treatments will coordinate with your doctor and involve pre and post treatment documentation.

5. **Lifestyle changes**

Applicable for: Mild to severe apnea.

Description of treatment
- Lifestyle changes that can improve apnea include the reduction or elimination of drinking, smoking, and drugs.
- The most significant factor in sleep apnea is weight. Weight loss can have the most affect reducing sleep apnea, and can cure apnea in some cases.
- Surgery is the most extreme alternative. Motivation is definitely required for any loss program. Psychological factors play a big part with surgery approaches. Results of any weight loss may not be permanent if weight is regained.

How to do it
• Make commitment
• Research alternatives find one suitable
• Consult insurance for extreme options
• Consult doctor and/or join support group
• Persevere, don’t give up
• If surgery, follow doctors instructions and be aware of significant changes to physiology and habits

Risks and Benefits
• Cost can be minimal to extreme, depending on approach.
• Insurance implications are significant.
• Reduction in any harmful habit can positively affect all other areas of health and well being
• Weight reduction will have the biggest positive affect not only on sleep apnea but every aspect of life.
• With major weight loss, new clothes will be necessary

6. **Dental device**

Applicable for: mild to moderate sufferers where jaw realignment can prevent airway obstruction

Description of treatment
• Per referral from doctor, dentist will make mold of teeth and create mouthpiece
• Device is worn in the mouth to bed and hold jaw in forward position which opens airway
• Alternatively, purchase generic mouth piece and trim or heat to fit.

How to do it
• Insert device in mouth before going to bed
• May take a few weeks to become comfortable

Risks and Benefits
• Relatively low cost depending on source.
• Minor inconvenience getting used to device worn in the mouth.

7. **Acupuncture**

Applicable for: mild to moderate sufferers
Description of treatment

- Very fine needles are inserted into areas of your body
- Stimulation may affect ability of nerves to facilitate release of body healing hormones
- Depending on personal understanding and positive mindset, psychological affects may contribute to treatment
- Per practitioner’s advice, multiple visits will be required.

How to do it

- Advise doctor of treatment
- Qualify practitioners through referral, research and other means
- Discuss your condition with acupuncturist with goal of realistic expectation of benefits
- Follow practitioner’s advice, number of treatments, etc

Risks and Benefits

- Difficult to explain or understand.
- Cost is minimal with no real pain.
- The only way to know if results will be achieved is to experience it.

Sleep Apnea Treatments Requiring Surgery

These alternative sleep apnea treatments are the most invasive, and are most suitable for people with severe apnea, and/or physical abnormalities that cause their apnea. Note that surgery does NOT guarantee that your sleep apnea will be cured, however. There are many other surgeries not mentioned including some radical alteration of the nasal, jaw and airway. Those described are the most common.

8. Oral Surgery

Applicable for: moderate to severe apnea

Description of treatment(s) may include multiple

- Surgical removal of tissue including:
  - Uvula
  - Adenoids
  - Tonsils
• Stiffening of upper throat with implants
• Repositioning (advancement) of tongue via various methods

How to do it
• All will be coordinated through your doctor and include complete physical assessment for any health issue that might cause complications
• Consideration should involve consultation with your doctor and perhaps a second opinion which includes assessment of where surgery will be performed
• Research and understand what will be done including implications of pain
• Prepare for recovery in advance including procurement of food, supplies on hand to reduce activity
• Your doctor may advise weight gain prior to surgery if you are slender as limited ability to eat during recovery will cause weight loss
• Plan for a family, friend or other person to aide you in recovery once you return home
• Discuss pain medication in your home with your doctor
• Understand there will be significant pain and prepare yourself mentally
• Try to remain upbeat and do not get discouraged

Risks and Benefits
• As with any surgery, there are risks of infection and adverse reaction to anesthesia.
• Recovery may take up to several months

9. Nasal Surgery

Applicable for: moderate to severe apnea

Description of treatment
• Alteration of nasal physiology including any of the following:
  o Straightening of the septum through surgical means
  o Reduction in size of the turbinates either through tissue removal or radio frequency to reduce underlying bony structure
- Removal of inflamed or infected tissue in the sinuses
- Enlargement or removal of bony tissue in the upper sinus area

How to do it

- As with throat surgery, all of these approaches are not taken lightly and include consultation with doctor and surgeon.
- With the exception of concerns regarding eating, all of the steps for oral surgery are the same.

Risks and Benefits

- Where significant history of breathing difficulties exist (both awake and sleep) there can be a dramatic improvement regarding reduced infection congestions and chronic sinus pain.
- As with oral surgery, requires assessment by surgeon to assure applicability.

And those are the treatments, in a nutshell!

At this point you might be thinking, now what do I do?

If you are serious about taking your health in your own hands, I strongly recommend you check out my ground-breaking book. The book contains:

- 78 pages of actionable information on alternative, non-CPAP sleep apnea treatments
- 9 case studies of men and women who have completely cured their sleep apnea without CPAP
- Names and website addresses of doctors and medical centers who specialize in alternative sleep apnea treatments.
- And much, much more!

To learn more, please visit:

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