



SDVSOA Sleep Apnea

Secondary Conditions Questionnaire

- High blood pressure** If you already have it, sleep apnea can make it worse. When you wake up often during the night, your body gets stressed. That makes your hormone systems go into overdrive, which boosts your blood pressure levels. Also, the level of oxygen in your blood drops when you can't breathe well, which may add to the problem.

- Heart problems.** People with OSA are more likely to have heart attacks.

The causes may be low oxygen or the stress of waking up often. Strokes and [atrial fibrillation](#) -- a fast, fluttering heartbeat -- are also linked with the condition.

Obstructive sleep apnea might also increase your risk of recurrent heart attack, stroke and abnormal heartbeats, such as atrial fibrillation. If you have heart disease, multiple episodes of low blood oxygen (hypoxia or hypoxemia) can lead to sudden death from an irregular heartbeat.

- Type 2 diabetes.** Having sleep apnea increases your risk of developing insulin resistance and type 2 diabetes
- Metabolic syndrome.** This disorder, which includes high blood pressure, abnormal cholesterol levels, high blood sugar and an increased waist circumference, is linked to a higher risk of heart disease
- Liver problems.** People with sleep apnea are more likely to have abnormal results on liver function tests, and their livers are more likely to show signs of scarring (nonalcoholic fatty liver disease)
- GERD or acid reflux.** The causal link to sleep apnea is still developing, but there will be scientific papers posted in that section of the website.