

# How Sleep Apnea can make your workday harder...

Is going to work becoming a burden for you? Did you used to love what you do, but now it's just one long grind? You might even be considering another job, but maybe it's not the job that is the actual problem. If you are not getting quality, uninterrupted sleep, this can take a huge toll on your work, and life in general. Snoring and sleep apnea can severely affect your sleep and overall health if untreated. Here's some of the ways that sleep apnea could be making your workday awful.



Dentally Speaking  
by Jeffrey S. Haddad D.D.S.

## Waking up is more difficult...

Your workday begins bright and early, but there's nothing bright about you this early. You are bleary-eyed, worn out, and feel like you've gotten hardly any sleep. It doesn't matter if you went to bed early. Even if you thought you fell asleep right away, you might feel like you didn't get any sleep at all. That's because sleep apnea may have caused you to wake up hundreds of times during the night, keeping you from reaching the rejuvenating deep levels of sleep. You might also be waking up with a headache, related either to the oxygen deprivation or the tooth clenching that can come with sleep apnea. The tooth clenching might also cause your

teeth to be sore or cause a pain in your neck. And you may be waking up with a dry mouth and the worst morning breath imaginable because you've been breathing through your mouth most of the night.

## Your commute could be more dangerous...

Having had a restless night, neither your body nor your mind are prepared for the challenges of your commute. You are likely very sleepy, and potentially could doze off at the wheel. Even if you don't fall asleep, you can lose focus and are more likely to get into an accident. On top of that, your lack of sleep can make you impatient and irritable, turning your commute into an angry hour or more of frustrations.

## Your days are longer...

Afternoon sleepiness that makes it hard to focus can also be caused by sleep apnea. Because you're not sleeping at night, you will feel sleepy during the afternoon. You might need frequent caffeine boosts to try to keep from falling asleep. This may only work a little, and instead you may find that you are feeling angry and irritable instead. Sleep apnea can also make it harder for you to focus on the task at hand. When you're unable to focus, you can't get engrossed in your work, which makes the time fly by. Instead, you

will find yourself looking at the clock more often, taking frequent breaks, whether at your desk or away from it, and you'll spend much of the day watching the clock and wishing it would move.

## Enjoy work and life again...

Sleep apnea can affect everything in your life: food, drink, hobbies, sex, and other things you used to enjoy can all become diminished. Sleep apnea can have many negative effects on your mood. It can cause a perpetually low mood, and it can make it harder for you to enjoy the things you used to enjoy. And that includes your work. But with comfortable, convenient sleep apnea treatment, you will find that you have energy to do the things you used to do, clarity of mind to focus on the challenges that make life rewarding, and a better mood so you are able to enjoy things again

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