



# Avoiding snoring by losing weight could help you prevent a heart attack

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Do you snore loudly or feel tired even after a full night's sleep?

If so, you could be suffering from sleep apnea. Sleep apnea is a condition that is characterized by the frequent stoppage of breathing during sleep. In the most common form of sleep apnea, called obstructive sleep apnea, a person temporarily stops breathing for a few seconds or up to a minute because his or her airway is obstructed or blocked by the soft tissue in the rear of the throat, which collapses and closes during sleep.

Sleep apnea often occurs in people who are overweight or obese.

Losing just 10 percent of your weight could reduce apnea episodes by more than 20 percent.



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