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Sleepiness during the day (from never sleeping properly at night) and snoring are the most common symptoms of obstructive sleep apnea. A CPAP (continuous positive airway pressure) machine, which uses high pressure to keep the airway open, is the most common initial treatment for obstructive sleep apnea.

**What Happens to Your Body When You Have Sleep Apnea**

As many of you know, living with sleep apnea can be a challenge especially if you are newly diagnosed. The good news is that many find ways to make life a bit easier, in essence “hacking their sleep apnea.” This topic was created as a place to let others know about your “hacks.”

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Hacking Sleep Apnea is a great overview of what sleep apnea is and especially about the current treatment options available. It is written in a straight forward manner, by a respiratory therapist. Lots of good general information, and gives both positives and negatives of each treatment option. A great resource.

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