



SLEEP APNEA

A sleep disorder causing breathing interruptions during sleep. Obstructive sleep apnea results from airway blockage; less common central sleep apnea stems from a delayed brain signal for oxygen intake.

Possible Contributing Factors

- Being overweight, especially with a neck circumference > 17" for men & 15.5" for women (check thyroid function & fasting insulin)
- Enlarged tonsils or adenoids (from possible food sensitivities)
- Nasal blockage or congestion (from possible food sensitivities, mold, toxins)
- Narrow jaw/palate or overbite
- Weakened throat and muscle tone (e.g. age, low magnesium, low testosterone)
- Alcohol & sedatives (relaxes the muscles of throat)
- Smoking
- Nutrient deficiencies: Vitamin D, magnesium
- Oxidative stress
- Thyroid hypofunction / pituitary hypofunction (central sleep apnea)
- Hyperadrenal function (central sleep apnea)

Lifestyle & Dietary Recommendations

- Eliminate mucous producing foods such as dairy and gluten containing grains for at least 4 months
- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate all flour-based products, fried foods, vegetable oils, and hydrogenated/trans fats
- Quit smoking and alcohol consumption (especially at night)
- Consume more antioxidant-rich foods; berries, green tea, dark green vegetables, turmeric, ginger
- Sleep on your side rather than flat on your back. Check out NightBalance device. Place tennis ball in the back of t-shirt to prevent rolling onto back. Raise the head of your bed to reposition the tongue and jaw forward.
- Nasal strips can help those with snoring and mild apnea (not if using a CPAP machine)
- Consult with a holistic ENT and biological dentist (iaomt.org to find biological dentist near you)
- Consider Myofunctional Therapy along with mouth taping
- Consider Myobrace for preventive pre-orthodontic treatment for children 5 to 15 years to help widen palate and train tongue positioning
- Consider Vivos non-invasive oral device treatment for mild to moderate-obstructive sleep apnea

Supplement Considerations

- Magnesium
- Vitamin D3 with K2
- D-ribose taken in the morning may offer some benefits to address the fatigue and chronic oxygen deprivation. A typical starting dose is 5 grams (not to be taken within 5 hours of bedtime)