

# Sleep Related Breathing Disorders (SRBD)

## Common Physical Findings

- Enlarged tongue
- Overweight/obesity
- Enlarged tonsils and/or uvula
- Small lower jaw/retruded chin
- Nasal polyps/congestion

## Common Signs & Symptoms

- Snoring
- Irritability
- Personality changes
- Depression
- Excessive daytime sleepiness
- Poor memory/confusion
- Night time sweating
- Decreased sex drive/loss of intimacy
- Diminished performance
- Accident proneness
- Morning headache
- Irritant to bed partner
- High blood pressure
- Diabetes
- Stomach acid regurgitation



# Respiratory Disorders During Sleep

**J Spring**



## **Respiratory Disorders During Sleep:**

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