

## Sleep Apnea and Pregnancy



Obstructive sleep apnea has been noted in pregnancy. According to some researchers, the airway of pregnant women narrows in the last trimester of pregnancy.

It has been found that if a woman has severe snoring or sleep apnea, the health of both the mother and the fetus can suffer. The lack of oxygen caused by the obstructive events in sleep apnea can have adverse health outcomes for both the mother and child. One study is investigating the link between snoring, sleep apnea and low birth weight.

A recent study found that pregnant women who have sleep-disordered breathing may have an elevated risk of developing diabetes and high blood pressure including eclampsia and pre-eclampsia.

If you or a loved one is pregnant, be sure to watch out for the signs of sleep apnea.

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