

YOUR NEXT STEPS

1. How to identify sleep apnea

Symptoms include loud snoring, episodes of stopped breathing (reported by partner), daytime sleepiness or fatigue, morning headaches or dry mouth.

2. Talk to your healthcare provider

Explain your symptoms to your healthcare provider and request a sleep study (in lab polysomnography or at-home test). Follow up on the results to discuss treatment options.

3. Treatment Options

Treatment options may include Continuous Positive Airway Pressure (CPAP), lifestyle changes like weight loss or avoiding alcohol, oral appliances or surgery in severe cases.

**Patients
with sleep
apnea are five
times more likely
to experience
depression.**

Customer Service 800-317-0708 or
989-772-5938
Michigan Relay 7-1-1
24-hour Crisis Telephone
Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
Harrison, MI 48625
989-539-2141

Isabella County

301 South Crapo Street
Mt. Pleasant, MI 48858
989-772-5938

Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989-426-9295

Mecosta County

500 South Third Avenue
Big Rapids, MI 49307
231-796-5825

Midland County

218 Fast Ice Drive
Midland, MI 48642
989-631-2320

Osceola County

4473 220th Avenue
Reed City, MI 49677
231-832-2247

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CMHCM receives financial support from the Michigan
Department of Health and Human Services.



SLEEP APNEA AND MENTAL HEALTH

Learn how sleep apnea can mimic
mental health challenges.



**Community
Mental Health**
FOR CENTRAL MICHIGAN

UNDERSTANDING SLEEP APNEA

Sleep apnea is a condition where breathing repeatedly stops and starts during sleep.

There are three types of sleep apnea:

- Obstructive: Caused by blocked airways, often due to relaxed throat muscles
- Central: Occurs when the brain does not send proper signals to breathing muscles
- Mixed: Combination of obstructive and central



Risk factors include:

- Obesity
- Smoking
- Alcohol Use
- Nasal congestion
- Family history
- High blood pressure or diabetes

THE OVERLAP OF SLEEP APNEA AND MENTAL HEALTH

Some common overlapping symptoms:

- Depression
- Anxiety
- ADHD
- Insomnia

Why does this overlap occur?

- When your sleep is fragmented and oxygen levels are low, your brain function is disrupted leading to symptoms that mimic mental health disorders.
- Chronic sleep deprivation can affect mood regulation and cognitive abilities.

WHY IT MATTERS

Untreated sleep apnea risks:

Physical health: high blood pressure, heart disease, diabetes, and stroke.

Mental health: worsening anxiety, depression, and cognitive impairment.

Quality of life: poor work performance, strained relationships, and increased accident risk.

Studies show that treating sleep apnea can significantly improve symptoms of depression, anxiety, and other conditions.

RESOURCES

You are not alone. Many people mistake sleep apnea symptoms for mental health conditions. Identifying the root cause can help you feel better.

1. Check in with your healthcare provider or local sleep clinics.
2. National Sleep Foundation:
www.sleepfoundation.org
3. American Sleep Apnea Association:
www.sleepapnea.org

FAQ'S

Q: Can sleep apnea affect mental health?

A: Yes, untreated sleep apnea can cause or worsen depression, anxiety, and cognitive issues.

Q: Do I need to be overweight to have sleep apnea?

A: No, sleep apnea can affect anyone regardless of weight.

Q: Is snoring always a sign of sleep apnea?

A: Not always, but loud and chronic snoring often warrants further investigation.