Nursing Agency in Portland Warns of Health Effects of Sleep Apnea in Honor of National Sleep Awareness Month

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Portland, Ore. ? Express Healthcare Professionals, a leading nursing agency in Portland, OR, has taken the time to spread the word about sleep apnea and its effect on a person?s overall health during National Sleep Awareness Month.

Sleep apnea, a quite common and prevalent sleeping disorder, occurs when a person?s breathing fluctuates through random pauses and shallow breaths during sleep. Usually chronic, over time the disorder can have a noticeably poor effect on an individual?s sleep, negatively impacting their health and daily activities.

Express Healthcare Professionals National Clinical Director Christina Muniz said, ?Untreated sleep apnea can cause a significant negative impact on your overall health. Increased blood pressure along with an increased risk of coronary artery disease and heart attack are commonly caused by the sleep disorder which affects approximately 18 million Americans.?

The sleep disorder can stem from a variety of different risk factors like obesity or nasal obstruction, affecting

people of all ages from children to seniors. According to an article written by the National Heart, Lung, and Blood Institute, sleep apnea happens to be the main cause of excessive sleepiness during the daytime.

When it comes developing ways to improve the opportunities for nurse staffing in Portland, OR, finding healthy and stable nursing prospects is a prime goal for the Express Healthcare office. As the sleep apnea issue is brought to light during National Sleep Awareness month, Express Healthcare urges aspiring healthcare workers in the area to monitor their sleeping patterns, eat a consistent diet, exercise regularly, and seek medical treatment when need be.

?The risk of other serious health conditions caused by untreated sleep apnea such as stroke, diabetes mellitus, and even premature death can be reduced or even avoided by being compliant with treatment for sleep apnea,? Muniz said.

For more information regarding Express Healthcare Professionals in Portland, OR, visit http://www.expresshealthcarenw.com/ or call (503) 272-6386.

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Express Healthcare Professionals in Tualatin, OR is one of the top Full-Service Nursing Staffing Agencies in Portland, OR that surpasses expectations by placing clinical staff in per diem and contract positions.

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