

Sleep disordered breathing events worsen in wintertime

According to *Times Live*, respiration problems in sleep apnea - a condition causing people to stop breathing multiple times throughout the night, for seconds to minutes at a time, appear to worsen during the colder months of the year, a study from Brazil says.

Researchers observed one night of sleep for more than 7 500 patients over a 10-year-period and looked at how many times sleep clinic patients' rest was disturbed by breaks in breathing. Patients who were tested during colder months had more night time breaks in breathing than those who sought treatment during warmer months, says *Times Live*.

Study leader Cristiane Maria Cassol and her team said due to winter-related upper-airway problems that intensify the severity of symptoms. The use of burning wood to heat homes during the winter and certain weather conditions, such as high atmospheric pressure and humidity and high levels of the air pollutant carbon monoxide - were tied to worse cases of apnea, *Times Live* reports.

Read the [full article](#) on www.timeslive.co.za

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