

## **A COMPREHENSIVE REVIEW OF RISK FACTORS FOR SLEEP APNEA**

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This review provides a comprehensive analysis of the risk factors associated with sleep apnea, which is a common sleep disorder characterized by interruptions in breathing during sleep. The review aims to highlight the importance of early detection and management by identifying key risk factors that contribute to the condition. Moreover, this review discusses various risk factors, including obesity, age, gender, neck circumference, family history, smoking, alcohol use, medical conditions, and nasal congestion. The findings emphasize the significance of lifestyle modifications and early intervention in reducing the risk of sleep apnea and improving overall sleep health.