

High blood pressure - doing THIS in your sleep can increase risk

Olivia Lerche | UPDATED: 09:03, Mon, Jun 5, 2017

HIGH blood pressure could be caused by a condition called sleep apnoea, which occurs where breathing repeatedly stops and starts during sleep. Now experts have said the condition is linked to high blood pressure, also known as hypertension, and diabetes.

By



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High blood pressure: Mild obstructive sleep apnoea is linked to high blood pressure

A new study has revealed that mild-to-moderate obstructive sleep apnoea is associated with four-fold risk of high blood pressure, a condition which can increase the risk heart attack.

Experts from the American Academy of Sleep Medicine also found the condition was closely linked to an increased risk of diabetes.

They said the links were strongest among young and middle-aged adults.

High blood pressure affects at least one in four adults in the UK, but the condition only produces few symptoms, even when blood pressure is dangerously high.



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High blood pressure: Mild obstructive sleep apnoea is linked to high blood pressure and diabetes

Those most at risk are often overweight, aged over 65, eat too much salt and

don't do enough exercise.

Symptoms of [sleep apnoea](#) include loud snoring noisy breathing or repeated short periods where breathing is interrupted by gasping or snorting.

Causes of the condition can include being overweight, being male, being over the age of 40, drinking alcohol, smoking and taking medicines with a and having a large neck.

Other warning signs can include feeling tired during the day.

Medical conditions caused by high blood pressure

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There are several life threatening medical conditions and diseases caused by high blood pressure. Often they do not have any symptoms so it is a good idea to regularly check your blood pressure and keep it under control.



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Diseases caused by high blood pressure

mild sleep apnea was strongly associated with increased risk of developing hypertension

"We found that even mild sleep apnea was strongly associated with increased risk of developing hypertension by four times compared to individuals without sleep apnea," said Professor Alexandros N. Vgontzas, lead author of the study from the Department of Psychiatry at

Pennsylvania State University College of Medicine.

"Similarly, moderate sleep apnea was associated with increased risk of developing diabetes by almost three times compared to individuals without sleep apnea."

Both studies analysed participants data from the Penn State Adult Cohort, which has 1,741 adults.

The participants gave a detailed medical history interview and were evaluated in a sleep centre overnight.



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High blood pressure: Mild obstructive sleep apnoea is linked to high blood pressure

Doctor: Many people have high blood pressure and are unaware

Researcher Yun Li said young and middle aged adults affected by the condition said early detection and treatment of sleep apnoea is needed to prevent future heart disease.

The study was published in the online journal Sleep.

Experts now believe a single bout of sleep apnoea impacts the human body's ability to [regulate blood pressure](#) and could seriously damage circulation, experts have warned.

In a recent study measuring the impact of simulated sleep apnoea on humans, researchers at University of British Columbia - UBC's Okanagan campus found that just six hours of the fluctuating oxygen levels associated with sleep apnoea can begin to deteriorate a person's circulatory system.

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