



Sleep Apnea

What It Is

Sleep apnea happens when your breathing repeatedly stops or becomes too shallow during sleep. This interrupts the deep rest your body and brain need, and over time, it can affect metabolism, hormones, and overall energy.

In sleep apnea, the brain and respiratory system aren't fully in sync. Either the brain briefly "forgets" to send the signal to breathe, or extra tissue in the airway physically blocks airflow. In both cases, oxygen levels drop many times throughout the night, leaving your body and organs deprived of the oxygen they need to repair and restore.

How It Impacts Your Health

Poor sleep from apnea can worsen fatigue, weight gain, high blood pressure, insulin resistance, and hormone imbalance. Even if you're eating well and exercising, untreated sleep apnea can make it harder for your body to lose weight, regulate blood sugar, and restore energy.

How NuBloom Helps

While NuBloom doesn't diagnose or treat sleep apnea directly, we do recognize its impact. The work we do to stabilize blood sugar, reduce inflammation, balance hormones, and improve overall metabolic health can make treatment more effective. If you already use a CPAP or other therapy, combining that with lifestyle and root-cause support often leads to bigger improvements in energy, weight, and long-term health. If sleep apnea is suspected but undiagnosed, we'll encourage you to follow up with a sleep specialist, because treating it is an essential part of your full-body healing.