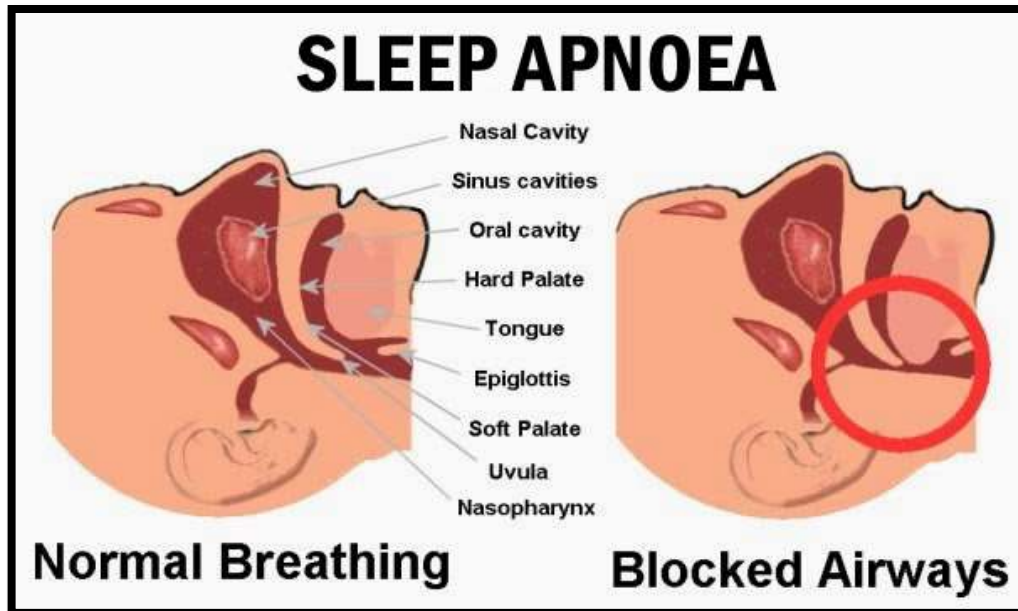


Hydrogen improves Sleep apnoea

KYK Hydrogen Water | 1,500 PPB of DH | KYK Co., Ltd. (South Korea)



Sleep apnoea (snoring) is a relatively common condition where the walls of the throat relax and narrow during sleep, interrupting normal breathing. This may lead to regularly interrupted sleep, which can have a big impact on quality of life and increases the risk of

developing certain conditions. Poorly controlled sleep apnoea may increase your risk of developing high blood pressure (hypertension), having a stroke or heart attack, developing an irregular heartbeat – such as atrial fibrillation, developing type 2 diabetes – although it's unclear if this is the result of an underlying cause, such as obesity

Since hydrogen gas (H₂) was found to help in cases where subjects had lack of oxygen, a study confirmed that H₂ gas treatment was able to suppress the abnormal changes to the heart and cholesterol/lipid profile that would normally be caused by lack of oxygen. A study suggests that inhalation of (H₂) gas is effective for reducing oxidative stress and preventing LV remodeling induced by intermittent hypoxia relevant to sleep apnoea.

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Source:

<https://www.ncbi.nlm.nih.gov/pubmed/21642501?fbclid=IwAR2EYM4ZBxsi6KvYbd a67dz21ps 3 mlx jMzndT20lvKm6JZvUNZSl dyM4>