



## What You Should Know About Sleep Apnea

### A Serious Problem

While each of us deserves a good night's sleep, for many it's a struggle. Its estimated that 20 million people nationwide suffer from a sleeping disorder known as obstructive sleep apnea (OSA).

Sleep apnea is a condition in which a person stops breathing repeatedly during sleep. As a result, the body doesn't get enough oxygen. This interrupted breathing pattern interferes with restful sleep. The lack of sleep affects daytime alertness and ability to function, decreasing a person's overall quality of life.

### Health Risks

When left undiagnosed and untreated, obstructive sleep apnea can lead to serious health consequences such as increased risk of:

- high blood pressure
- heart attack
- heart disease
- fatigue related motor vehicle and work accidents
- Depression

### Treatment

The most common treatment is CPAP (Continuous Positive Airway Pressure) which provides a gentle flow of positive pressure air through a nasal mask to keep the airway open during sleep. Less common treatments include surgery and oral appliances.

### Common Symptoms

- Daytime Sleepiness / Falling asleep when you shouldn't
- Nightly Snoring, interrupted by pauses in breathing
- Loss of Energy/ Fatigue
- Restless Sleep
- High Blood Pressure
- Morning Headaches
- Choking or Gasping During Sleep
- Overweight
- Depression / Irritability
- Trouble Concentrating
- Forgetfulness
- Sexual Dysfunction

If you are experiencing 2 or more of these symptoms, you may suffer from OSA. You should discuss your symptoms with your physician to find out if you should participate in a sleep study.

### Diagnosis

Evaluation by a qualified physician is recommended as the first step in the diagnosis and treatment of sleep apnea. A sleep study may be ordered to further evaluate the patient's sleeping problems.

A sleep study provides doctors with information about how an individual rests and breathes during sleep that is used to determine the type and severity of the sleep disorder.

The sleep study typically involves one overnight stay in a sleep laboratory clinic, with a possible second night for treatment testing and evaluation.

### Questions & Answers

**Q: Why do I need a sleep study?**

A: Your doctor has seen or has been told that you suffer from one or more of the common symptoms of obstructive sleep apnea. The study will determine if you do or do not suffer from OSA or another particular sleep disorder.

**Q: How long does the test last?**

A: You will arrive at the sleep lab facility about 9 or 9:30 in the evening, and you will be awakened about 5:30 or 6 in the morning to prepare to leave.

**Q: What can I expect when I come in for the Sleep Study?**

A: When you arrive, you will fill out a small amount of paperwork for our records, and then the sleep technician will show you to your private room. There the sleep tech will attach several different wires to you for monitoring purposes. While it may be a bit awkward at first, if you stick to your nightly routine as close as possible, you should be able to quickly relax and get to sleep. Our rooms are designed in a hotel room style with a patient's comfort and ability to relax as our top priority.

**Q: When can I see the results of my Sleep Study?**

A: Your doctor will have a summary report within 48 hours, and full test results within 2 weeks. You will need to schedule a visit with your doctor to go over the results and get their recommendations.