

Little Company of Mary Sleep Disorders Center

SLEEP APNEA

Questions & Answers



Sleep apnea often goes undiagnosed. Doctors usually can't detect the condition during routine office visits. Also, there are no blood tests for sleep apnea. Most people who have sleep apnea don't know they have it because it only occurs during sleep. A family member and/or bed partner may notice repeated episodes of breathing pauses, gasping, or choking during sleep. Some individuals may have dozens, even hundreds of episodes a night and have no awareness of them. **This is what makes sleep apnea such a serious medical condition.**

The most common type of sleep apnea is obstructive sleep apnea. This occurs when the airway has collapsed or is blocked during sleep. The blockage may cause partial or total obstruction. This may lower the level of oxygen in your blood. Your brain senses this inability to breathe and briefly rouses you from sleep so that you can reopen your airway. This awakening is usually so brief that you don't remember it. Obstructive sleep apnea happens more often in people who are overweight, but it can affect anyone.

What is Sleep Apnea?

Sleep apnea is a potentially serious breathing disorder in which breathing repeatedly stops and starts during sleep. You may have sleep apnea if you snore loudly and you feel tired even after a full night's sleep.

Sleep apnea is usually a chronic (ongoing) condition that disrupts your sleep every night. This results in poor sleep quality that can cause daytime fatigue and/or sleepiness. Sleep apnea is one of the major causes of daytime sleepiness.

Take our Sleep Apnea Quiz and to learn the risk factors for this condition.



Little Company of Mary Sleep Disorders Center is the only sleep center in the southwest Chicago area that is accredited by the American Academy of Sleep Medicine.



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Our certified sleep specialists have more than 40 years combined experience.

Why should I have a sleep study?

Its painless – you come to the Sleep Disorders Center and sleep.
It's the only way to determine if you have sleep apnea.
There are several treatment options.

Tell me more about sleep studies

You will come to the Sleep Disorders Center about 30-60 minutes before your normal bedtime. You will bring your own pajamas and follow your normal bedtime routine. The Sleep Tech will let you watch a DVD about sleep studies and then place a number of electrodes on your head, face, and chest to monitor and record your breathing, brain waves, and heart rate during the sleep study. While you sleep, the Sleep Tech will always be available and just a room away. You only need to call and the Sleep Tech will be available to answer questions or help you. In the morning, the Sleep Tech will wake you up and remove the electrodes. You can take a shower if you prefer and get dressed, go to the cafeteria for breakfast and go to work.

Take a Virtual Tour of LCMH sleep suites - visit www.LCMH.org/sleep.



Little Company of Mary Hospital new sleep suites

SLEEP APNEA frequently asked questions & risk factors



More than 50 million Americans suffer from sleep disorders yet a large majority of them are undiagnosed and untreated. Get the help you need at Little Company Sleep Disorders Center - the only sleep center in the southwest Chicago area that is accredited by the American Academy of Sleep Medicine.



Signs of Sleep Apnea

- ▶ Snoring
- ▶ Daytime drowsiness or dozing
- ▶ Lack of energy or fatigue
- ▶ Mood swings
- ▶ Depression
- ▶ Irritability
- ▶ Awakening with a dry mouth
- ▶ Morning headaches
- ▶ Poor work performance
- ▶ Memory, concentration, or learning problems
- ▶ Grogginess when awakening
- ▶ Impaired work performance
- ▶ Difficulty staying asleep (insomnia)
- ▶ Unrefreshing sleep

A Sleep Study Quiz

	YES	NO
1 Do you snore loudly?	<input type="radio"/>	<input type="radio"/>
2 Does your snoring wake you up at night?	<input type="radio"/>	<input type="radio"/>
3 Does your bedroom partner complain about your snoring?	<input type="radio"/>	<input type="radio"/>
4 Does your bedroom partner wake up at night because you are choking or gasping?	<input type="radio"/>	<input type="radio"/>
5 Do you have a dry mouth in the morning?	<input type="radio"/>	<input type="radio"/>
6 Do you feel tired when you wake up?	<input type="radio"/>	<input type="radio"/>
7 Do you fall asleep during the day when you should be awake?	<input type="radio"/>	<input type="radio"/>
8 Do you fall asleep when watching TV, reading, or driving?	<input type="radio"/>	<input type="radio"/>
9 Are you more forgetful?	<input type="radio"/>	<input type="radio"/>
10 Are you having trouble concentrating?	<input type="radio"/>	<input type="radio"/>

When should sleep apnea be suspected?

Husbands, wives, bed partners, and family members often suspect something is wrong when they notice loud snoring, gasping, or breathing pauses during sleep. Occasionally, attempts to breath can cause a brief awakening with shortness of breath.

Who snores?

Men snore more than women, but about 30% of all adults snore regularly. The risk of snoring increases with age, increased weight, allergies, colds, smoking, alcohol use, sleeping on your back, and some medications.

What will happen if I don't do anything about snoring or sleep apnea?

People with sleep apnea can be very sleepy during the day, be irritable, experience headaches, have memory and judgment

problems, and feel drowsy or fall asleep while driving. Sleep apnea is a risk factor for high blood pressure, heart disease, irregular heartbeat and stroke. Automobile accidents are three times more common in people with sleep apnea.

How can sleep apnea be treated?

There are many ways to treat sleep apnea. After completing a questionnaire and meeting with a physician who is a sleep specialist, sleep testing and treatment options can be considered.

Is a sleep study expensive?

Most insurance plans cover sleep studies and treatments.



LITTLE COMPANY OF MARY
SLEEP DISORDERS CENTER

In Pursuit of Pain-Free Health Care®

Sleep evaluations and studies are covered by most insurance. Accessible scheduling and timely reports offer prompt resolution of the problem.

