



SLEEP DISORDERS

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SLEEP APNEA

FACTS ABOUT SLEEP APNEA

- 18 million Americans suffer from sleep apnea
- 90% of cases remain undiagnosed
- One third of heart failure patients have sleep apnea
- Sleep apnea sufferers are three times more likely to have automobile accidents than non sufferers
- CPAP is the most common and effective treatment for sleep apnea

RISK FACTORS

- Male
- Overweight
- Over the age of 40
- Neck circumference greater than 17.5 inches
- Smoker
- Narrowed air way
- Uses alcohol, sedatives or tranquilizers
- Have high blood pressure
- Family history

Sleep apnea is a common sleep disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. Typically it is accompanied by loud snoring. Most people who have it don't know it because it only occurs during sleep.

There are two major types. Obstructive sleep apnea is the most common and is due to an obstruction in the throat during sleep.

Central sleep apnea occurs when the brain does not send the signal to the muscles to take a breath.

It is also possible to have mixed sleep apnea that is a combination of both central and obstructive sleep apnea.

The most common symptoms of sleep apnea are:

- Loud snoring
- Waking up unrefreshed and having trouble staying awake
- Waking with a headache
- Waking up during the night with a feeling of choking
- Waking up sweating
- Insomnia
- Being overweight but not necessarily
- Waking and gasping for air

Diagnosis of sleep apnea is usually determined by a polysomnography or sleep test. This is a painless test which involves monitoring your brain waves, muscle tension,

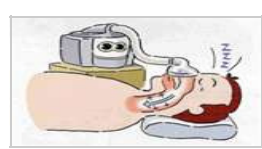
eye movement, respiration, oxygen level, and audio monitoring.

The sleep study is usually done in a sleep center located in a hospital.

Untreated sleep apnea can:

- Increase the risk for high blood pressure, heart attack, stroke, obesity, and diabetes
- Increase the risk for or worsen heart failure
- Make irregular heartbeats more likely
- Increase the chance of having work related or driving accidents.

Lifestyle changes, mouthpieces, surgery, and/or breathing devices can successfully treat sleep apnea in many people.



CPAP

Continuous positive airway pressure therapy (CPAP) uses a machine to help a person who has obstructive sleep apnea (OSA) breathe more easily during sleep.

CPAP is the most effective nonsurgical treatment for OSA. It is the first treatment choice and the most widely used.

The CPAP machine blows heated, humidified air through a short tube to a mask. As a person breathes, the gentle pressure holds the nose, palate, and throat tissue open. The goal is to hold the airway open so it does not collapse during sleep; therefore, the full face mask, nasal masks, or nasal pillow must be worn

snugly to prevent the leakage of air. When adjusted properly and tolerated, it is nearly 100% effective in eliminating or reducing OSA.

CPAP is not a good option for people who are claustrophobic; have severe emphysema or; are not capable of operating or maintaining the CPAP machine.