

What's Your Snore Score?

Your answers to this sleep quiz will help you decide whether you may suffer from sleep apnea:

- Are you a loud, habitual snorer?
 Yes No
- Do you feel tired and groggy on awakening?
 Yes No
- Are you often sleepy during waking hours and/or can you fall asleep quickly?
 Yes No
- Are you overweight and/or do you have a large neck?
 Yes No
- Have you been observed to choke, gasp, or hold your breath during sleep?
 Yes No

If you or someone close to you answers "yes" to any of these questions, you should discuss your symptoms with your physician or sleep specialist. Different treatment options exist; the one that is right for you depends upon the severity of your apnea and other aspects of the disorder. Untreated, sleep apnea can be extremely serious and cannot be ignored.



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The Sleep Center at ECM East is fully accredited by the American Academy of Sleep Medicine. Our physicians are board certified by the American Board of Sleep Medicine. The technical staff includes licensed sleep technologists and respiratory therapists with over 40 years of combined experience. The center has all private rooms with full size beds and private baths with convenient parking and easy access. We look forward to assisting you by developing a plan to address your individual sleeping concerns.



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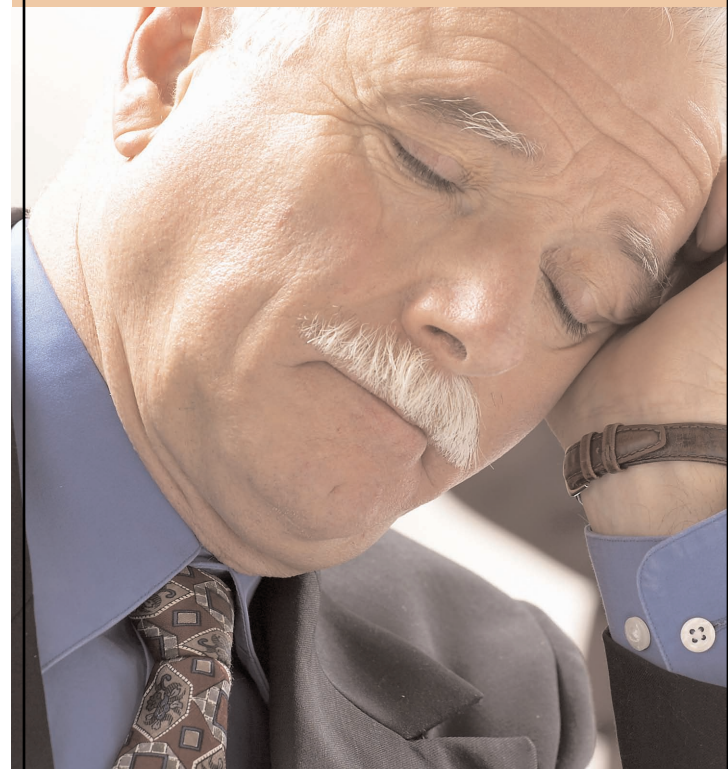
An Accredited Sleep Disorders Center



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Tired of the sleepiness?



Tired of the snoring?

Get the facts about Sleep Apnea

*The Sleep
Center
at ECM East*



Get the facts about sleep apnea:

Sleep apnea is a treatable disorder in which a person stops breathing during sleep, often hundreds of times during the night. Sleep apnea affects millions of men, women and children but is often misdiagnosed, despite its potentially serious consequences. It is estimated that at least ten million Americans have sleep apnea.

“Apnea” is a Greek word meaning “without breath.” Those with sleep apnea literally stop breathing in their sleep! An apnea is clinically defined in adults as a cessation of breath that lasts at least ten seconds; in children, apnea is defined as a cessation of breath that lasts the equivalent of two-and-a-half missed breaths. In addition to apneas, hypopneas are often present; “Hypopnea” also comes from the Greek words “hypo” (beneath, or less than normal) and “pnea” (breath). A hypopnea is not a complete cessation of breath, but instead a reduction in airflow or a struggling to breathe. With each apnea and hypopnea, the oxygen level in the bloodstream typically drops.

The “apnea-hypopnea index” (AHI) or “respiratory disturbance index” (RDI) refers to the total number of apneas and

hypopneas divided by the total amount of sleep during the sleep study. The AHI is one measure of the severity of the sleep apnea.

There are three different types of apnea: obstructive, central, or mixed (a combination of obstructive and central.) Obstructive sleep apnea is the most common. Usually the soft tissue in the rear of the throat collapses and closes the airway so that sufferers of sleep apnea stop breathing repeatedly during sleep, as frequently as a hundred times an hour and often for a minute or longer.

With each apnea, the brain receives a signal to arouse the person from sleep in order to resume breathing, but consequently sleep is extremely fragmented and of poor quality. People with untreated sleep apnea are generally not even aware of the awakenings, but are only aware that they are sleepy during the day. They may, however, realize that they snore or gasp for air during sleep. Loud snoring, punctuated with periods of silence (the apneas), is typical but is not always present,

especially in children.

Consequences of untreated sleep apnea include high blood pressure and other cardiovascular disease, and weight gain. People with untreated sleep apnea may also complain of falling asleep inappropriately, morning headaches, memory problems, feelings of depression, reflux, nocturia (a need to use the bathroom frequently at night), and impotence. Children with untreated apnea may be hyperactive. Untreated sleep apnea, like sleep deprivation, may be responsible for job impairment and motor vehicle acci-

dents. Apnea is a concern with certain medications and general anesthesia.

Risk factors for sleep apnea include a family history of sleep apnea, excess weight, a large neck, a recessed chin, male sex, abnormalities in the structure of the upper airway, ethnicity (African-Americans, Pacific Islanders and Hispanics), smoking and alcohol use. However, sleep apnea can affect both males and females of all ages, including children, and any weight or ethnicity.

