

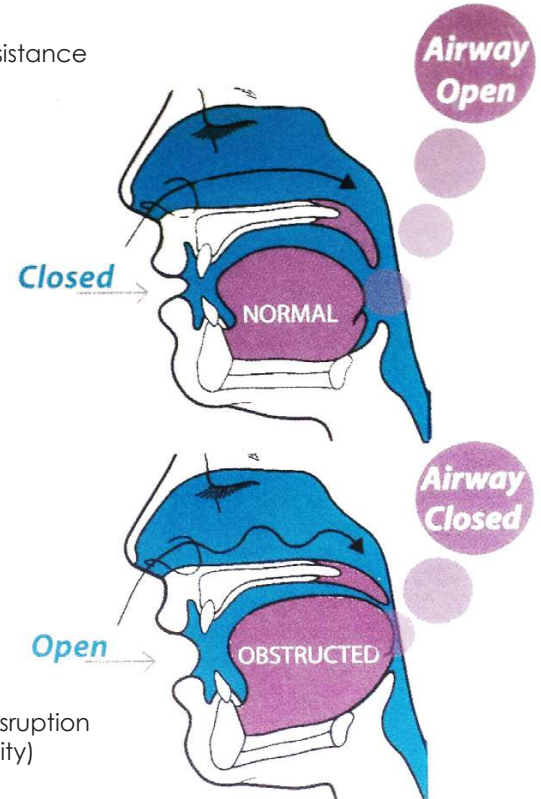
SLEEP DISORDERED BREATHING

A SLEEP DISORDER PREVENTS YOU FROM GETTING HEALTHY AND RESTFUL SLEEP. MANY SLEEP DISORDERS ARE UNDETECTED BECAUSE A PERSON CAN SLOWLY BECOME ACCUSTOMED TO THE SYMPTOMS. FOR EXAMPLE, WAKING UP TIRED OR FALLING ASLEEP READING A BOOK MIGHT BE SIGNS OF A SLEEP DISORDER.

FREQUENTLY ASKED QUESTIONS

1. What is Sleep Disordered Breathing?

- Sleep Disordered Breathing (which includes Sleep Apnea or Upper Airway Resistance Syndrome) is a serious sleep disorder that impairs your breathing while asleep. Anyone can have Sleep Disordered Breathing, even children.
- Symptoms of Sleep Disordered Breathing may include:
 - Headaches
 - Lack of energy
 - Daytime sleepiness
 - Snoring
 - Difficulty falling asleep and staying asleep
 - Difficulty breathing while asleep



2. What causes Sleep Disordered Breathing?

- Snoring and Sleep Apnea occur when the soft tissue structures of the upper airway collapse, resulting in a narrowed airway opening. The snoring sound is caused by the vibration of these tissues. Complete closure of the airway is an "apnea event," which means that no air is getting into the lungs.
- The causal factors may include:
 - Structural – narrow jaw, large tongue, enlarged tonsils, enlarged adenoids, thick soft palate, small nasal valve, or deviated septum
 - Other factors – allergies, over consumption of alcohol, sedatives, smoking, disruption of normal sleep patterns or decreased lung capacity (often caused by obesity)

3. What problems can Sleep Disordered Breathing cause?

- Poor performance at work or school
- Forgetfulness
- Irritability
- Anxiety
- Depression
- High blood pressure
- Diabetes
- Stroke
- Heart attack and heart failure

4. How do I know if I am at risk or may have Sleep Disordered Breathing?

- A useful screening tool to help determine if you have, or are at risk for, Sleep Disordered Breathing is the Epworth Sleepiness Scale (**Please see next page**).
- In order to fully diagnose Sleep Disordered Breathing, you must participate in a Sleep Study that monitors your sleeping overnight. Your medical or dental professional can help direct you to this service.

5. What can be done if I have Sleep Disordered Breathing?

- Once it has been confirmed you have Sleep Disordered Breathing, a physician will determine treatment which may include:
 - CPAP (positive airway pressure)
 - Surgery
 - Sleep Appliance Therapy

SLEEP DISORDERED BREATHING

THE EPWORTH SLEEPINESS SCALE (To assess risk of Obstructive Sleep Apnea)

Use the following scale to choose the most appropriate number for each situation:

- 0 = would **never** doze
- 1 = **Slight** chance of dozing
- 2 = **Moderate** chance of dozing
- 3 = **High** chance of dozing

Sitting and reading.....	<input type="text"/>
Watching TV.....	<input type="text"/>
Sitting, inactive in a public place (e.g. theater or a meeting).....	<input type="text"/>
As a passenger in a car for an hour without a break.....	<input type="text"/>
Lying down to rest in the afternoon when circumstances permit.....	<input type="text"/>
Sitting and talking to someone.....	<input type="text"/>
Sitting quietly after lunch without alcohol.....	<input type="text"/>
In a car, while stopped for a few minutes in traffic.....	<input type="text"/>
Total	<input type="text"/>

Score:

- 0 - 8 Low Suspicion of Sleep Apnea
- 9 - 12 Moderate suspicion of Sleep Apnea
- 12 - 24 High suspicion of Sleep Apnea