



**Obstructive Sleep Apnea** is a serious sleep disorder that effects up to 10% of the population. It occurs when a patients breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during sleep, sometimes hundreds of times.

## Am I at Risk for Obstructive Sleep Apnea?

- **Male Gender**
- **Being Overweight**
- **Being Over the age of forty**
- **Having a large neck size**
- **Having larger tonsils**
- **Having a family history of sleep apnea**

### SOME POSSIBLE CONSEQUENCES OF UNTREATED OSA

- High Blood Pressure
- Heat Attack
- Heart Failure
- Stroke
- Depression
- Diabetes
- Erectile Dysfunction

## What will a Healthcare Professional need to know about me?

If you seek help for a sleep problem, your healthcare professional will want to know your medical history and may talk with your bed partner or other members of your household about your sleeping and daytime behavior. A healthcare professional who suspects OSA will probably refer you to a sleep disorders center for evaluation. Board Certified Sleep Specialists at Paoli Hospital's Sleep Medicine Center will ask detailed questions about your sleep and daytime symptoms, and may ask you to spend a night or two in the sleep laboratory to monitor your sleep. A nighttime study will show if you have OSA and will help define the best treatment.

### SYMPTOMS

- Excessive Daytime Sleepiness
- Chronic Loud Snoring
- 20-30 pounds overweight
- Sleepiness
- Difficulty Concentrating
- Forgetfulness
- Irritability
- High Blood Pressure
- Depression
- Lower Sex Drive
- Learning and Memory Difficulties
- Falling asleep at inappropriate times

On the night of a sleep study, you will be asked to arrive at the laboratory about two hours before your usual bedtime. Technologists will position tiny sensors at different points on your body to record your brain waves, muscle activity, leg movements, heart rhythms, and other body functions during sleep. These tests help record whether and when breathing difficulties occur. There are no needles involved and the testing is run in private bedrooms, each with its own bathroom, cable TV, and DVD player.