

## Sleep Apnea Statistics

- 5% of the US population has Obstructive Sleep Apnea (OSA)<sup>1</sup> and 80% of those are undiagnosed.<sup>2</sup>
- High blood pressure is present in as many as 50% of people with sleep apnea.<sup>3</sup>
- Millions of American adults have obstructive sleep apnea and more than half of the them are also overweight.
- 72% of people with diabetes have sleep apnea or insomnia.<sup>4</sup>



## How Do You Pay For This Service

The most common method of payment is through your insurance provider. Please speak to your doctor to learn more about this service in conjunction with your insurance provider.

## References

1. Young T, Peppard PE, Gottlieb DJ, AJRCCM 2002
2. Young T, Evans L, Finn L, Palta M, Sleep 1997
3. Silverberg et.al, American Family Physician 2002
4. Skomro R et al., Sleep Medicine, Sept. 2001
5. Chung et.al, Anesthesiology. 2008
6. Chung et.al, www.STOPBang.ca

Disclaimer: Detailed references available upon request

## Who is Sleep Services of America? How Can We Help?

Sleep Services of America is a full-service, sleep diagnostics company that specializes in performing adult and pediatric polysomnograms (sleep studies). When you are ready to find a solution to your restless nights, chronic snoring, or other sleep related ailments, our expert staff will be on hand (at your preferred sleep disorder center or hospital) to guide you through our thorough yet painless examination of your sleep patterns. Please contact SSA for any questions you may have related to diagnostic process or to visit one of our labs in your area.



Call now to learn more or to schedule an appointment for a Sleep Consultation by calling 914-964-4337.

To make an appointment for a sleep study, call 914-559-1010.

RiversideHealth.org



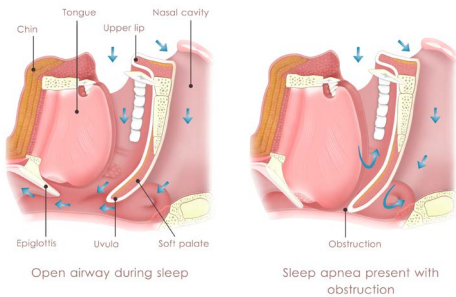
Is Your Partner's  
Snoring Keeping You  
Up At Night?

Improving the care and quality of life for  
patients suffering from sleep disorders

**ST. JOHN'S**  
**RIVERSIDE**  
**HOSPITAL**

# Obstructive Sleep Apnea (OSA)

Obstructive Sleep Apnea occurs when muscles of the soft palate and throat relax during sleep, obstructing the airway and making breathing difficult and noisy (snoring). Eventually, the airway walls collapse blocking airflow entirely, which results in a breathing pause or apnea. Stopping breathing can result in a drop of blood oxygen levels. Since oxygen is the fuel for the cardiovascular system, this stresses the heart and puts the sleeper at a greater risk for heart attack or stroke.



## Common Symptoms of Sleep Apnea

- Daytime fatigue
- Morning headaches
- Poor mental or emotional functioning
- Loss of breath during sleep
- Irregular heart rate
- Weight gain
- Heartburn
- Impotence
- Excessive sweating during sleep



### STOP-Bang Questionnaire<sup>5,6</sup>

For the Assessment of Obstructive Sleep Apnea Risk

NAME:

TELEPHONE:

Have you been previously diagnosed with sleep apnea? YES NO

If so, are you currently using CPAP to treat your OSA? YES NO

Please answer the following eight questions Yes or No

1. Snoring: Do you snore loudly (loud enough to be heard through closed doors)? YES NO
2. Tired: Do you often feel tired, fatigued, or sleepy during daytime? YES NO
3. Observed: Has anyone observed you stop breathing during your sleep? YES NO
4. Blood pressure: Do you have or are you being treated for high blood pressure? YES NO
5. BMI: answer yes if your weight exceeds the amount listed for your height on the table below YES NO
6. Age: Is your age over 50 yr old? YES NO
7. Neck circumference: Neck circumference > 40 cm? YES NO
8. Gender: Male? YES NO

Total Score (add up all 'yes' answers): \_\_\_\_\_

Interpretation

- High risk of OSA: Yes to 5 - 8 questions
- Intermediate risk of OSA: Yes to 3 - 4 questions
- Low risk of OSA: Yes to 0 - 2 questions



HEIGHT	WEIGHT
4'10	167
4'11	173
5'0	179
5'1	185
5'2	191
5'3	197
5'4	204
5'5	210
5'6	216
5'7	223
5'8	230
5'9	237
5'10	243
5'11	250
6'0	258
6'1	265
6'2	272
6'3	279
6'4	287
6'5	295

## Is Your Spouse Keeping You Awake?

Sometimes the best way to find out whether you really do have problems sleeping at night is as simple as asking your spouse. Snoring, gasping for air, stopping breathing, restlessness, or frequent movement of the legs are all signs that you may need to seek professional advice. Talk to your doctor, because irregular sleeping habits could be detrimental to the health of you or your spouse in the future.



## Is Tossing and Turning a Sleep Disorder?

Tossing and turning at night can often be attributed to caffeine intake during the day, stress, or anxiety, but if you are restless even after cutting out coffee and sodas, you may be experiencing Restless Leg Syndrome, or RLS. Most adults who experience RLS describe it as a "crawling, creeping, tingling, burning, or itching sensation." If you feel that you are suffering from RLS, please speak to a doctor about treatment.