



## Time Change - Fall Back

Daylight savings time ends on **Sunday, November 5** at 2:00am. When you go to bed on Saturday night, November 4, please turn your clocks back 1 hour. Enjoy your extra hour of sleep! ❖

## "Sleep Apnea Hurts Hearts"

by Stephanie Privratsky

### Fall renewal

Fall is a time of renewal. We see the children in our lives going back to school, starting a fresh new year of learning. For those of us not in school any more we can still grab this feeling, too. Most of you reading this newsletter are CPAP, BiPAP, or BiPAP ASV users or maybe you know someone that does. You may have just started on your therapy or have been using it for years. Does this question ever enter your mind while you are getting ready for bed? "Why do I have to wear this thing?" We at **Winmar Sleep Wellness Center** understand how you feel. Some of us wear CPAPs, too. We hope the articles in this newsletter help you know: "Why?" Have you ever heard of a guy by the name of Simon Sinek? Simon authored a book called, *Start with Why*. In this book he gives us the tools to breakthrough to taking action on important things in our life on knowing the "Why?" behind it. If you like watching videos over reading a book, you can also find him on YouTube.com, just search his name. Simon has created great videos that give insight, if you start with "Why?" the rest comes along.

# Sleep Apnea Hurts HEARTS

Obstructive sleep apnea (OSA) is a chronic disease that involves the repeated collapse of the upper airway during sleep. Sleep apnea puts an enormous strain on your heart, repeatedly causing oxygen levels to drop and blood pressure to surge as you sleep.

Untreated, severe sleep apnea increases your risk of developing heart problems.

**30 Million**  
People in the U.S. who have sleep apnea

**2X**  
Higher Risk of dying from heart disease

### SLEEP APNEA HURTS HEARTS

**By increasing the risk of:**

- Heart failure
- Elevated blood pressure
- Atrial fibrillation
- Resistant hypertension
- Type 2 diabetes
- Stroke

### SEVERE DAMAGE

**58%**  
Increased risk of developing heart failure in middle-aged men with severe sleep apnea

**30-40%**  
People with high blood pressure who have obstructive sleep apnea

**2-4X**  
Higher risk of Afib in people who have sleep apnea

**85%**  
People with treatment-resistant hypertension who also have sleep apnea

**7 in 10**  
Sleep apnea afflicts about 7 in 10 people who have Type 2 diabetes.

**2X**  
Increased risk of having a stroke in people with severe, untreated sleep apnea

The effective treatment of sleep apnea is good for your sleep and your heart! It improves your overall health and lowers your risk of heart problems.

### DAMAGE CONTROL

**Treating sleep apnea with CPAP therapy:**

Restores healthy sleep

Increases physical energy

Enhances daytime alertness

Improves mood

Reduces the risk of heart damage

**Talk to your doctor about your risk for sleep apnea. Your doctor may refer you to a board-certified sleep medicine physician at an accredited sleep center for help.**

**Warning Signs**  
Common warning signs for sleep apnea include:

- Snoring
- Silent breathing pauses
- Gasping or choking
- Daytime sleepiness or fatigue

**Risk Factors**  
Factors that increase your risk of having sleep apnea include:

- Obesity (BMI of 30+)
- Narrow airway
- Large neck, tongue or tonsils
- Recessed jaw

Visit [projecthealthysleep.org](http://projecthealthysleep.org) to learn how you can guard your heart and avoid being #SnoredToDeath.

Sources:  
 ASV 2012 - <http://dx.doi.org/10.1186/1745-2924-9-10>  
 ASV 2016 - <http://dx.doi.org/10.1186/s13054-016-1124-2>  
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## Why do I have to wear this thing?

Well there are many reasons: One, is your family loves you and wants you to feel your best every day. Two, therapy helps your heart and other systems in the body to keep you feeling bright eyed and bushy tailed. The graphic aid on the front page contains information on what is affected in the body during an apnea. Do you remember how many times an hour you had an apnea prior to therapy? Then take that number times the amount of hours you sleep a night, and **then** times it by your age you think you were when the apneas started happening to you. I am no mathematician, but considering the number it certainly adds up. You are not alone in using therapy. Your therapy does damage control each night assisting your body to heal as it sleeps. Does this help you understand "Why?" The visual aid, on the front page, was created by American Academy for Sleep Medicine's, "National Healthy Sleep Awareness Project." Efforts are being made to educate the public on how we can help ourselves sleep better at night. [www.sleepeducation.org/healthysleep/sleep-apnea-hurts-hearts](http://www.sleepeducation.org/healthysleep/sleep-apnea-hurts-hearts)

## How #1: Relax to music

Ok, so we have established **why** therapy is needed, now we can move on to "**How?**" Do you feel anxious when you start to apply your mask and turn on your machine? Have you ever tried listening to music while you are getting ready for bed? The National Sleep Foundation published an online article entitled, "Can Music Help You Calm Down and Sleep Better". In this article they discuss how listening to music helps stimulate your parasympathetic nervous system, which helps prepare you for sleep. "Older adults who listen to 45 minutes of relaxing music before bed fall asleep faster, sleep longer, wake up less during the night, and rate their nights as more restful than when they don't listen to music. Similarly, when younger adults are given the option to listen to classical music, books on tape, or nothing before bed, the ones who relax with music see the greatest improvement in sleep quality." The type of music you choose

should be something that relaxes you and makes you feel good. Sweet dreams!

[www.sleepfoundation.org/sleep-topics/can-music-help-you-calm-down-and-sleep-better](http://www.sleepfoundation.org/sleep-topics/can-music-help-you-calm-down-and-sleep-better)

## How #2: 5,4,3,2,1, Do

Another "How?" can be counting backwards from 5,4,3,2,1, to do what you need to do without thinking about it. In International Best Seller, Mel Robbins' book, *The 5 Second Rule*, Mel gives us her counting tool to help us take action on the things we don't feel like doing. Mel states we will never feel like it, like going to the gym or wearing a mask. Our brains love auto-pilot, a.k.a our comfort zone, so putting on a mask to go to sleep is uncomfortable at first or even on the 300<sup>th</sup> night. Counting backwards puts our brains in drive (Using the pre-frontal cortex), so we are not thinking, just doing. Mel Robbins has YouTube videos as well. It is life changing what she shares with the world. She used it to get herself out of bed every morning and beyond. Just count your way to successful therapy! ❖

## Humidity in Winter

As the seasons change and the temperature outside starts to drop like snowflakes, you may experience changes in the water level of your machine's water chamber. As you make your home nice and cozy in the inside, this typically dries out the air in your living spaces. If this is your first winter on therapy you may feel dry in the morning. If you are not sure how to adjust your humidity on your machine and need a little assistance, please give one of our clinicians a call in the Fargo or Grand Forks office so we can keep you comfortable all year through. ❖

## Therapy supply orders

We will be mailing out a supply order letter to you in the next couple weeks. **Just a reminder: Towards the end of the year many patients reach their deductible and order their year-end supplies. With this increased demand we do experience back orders from the manufacturers of the supplies, so be sure to place your order before the middle of December.** The date shipped

from our office is what the insurance company looks at and if you order in 2017 and the back order is not filled until 2018, it will go toward your 2018 deductible. ❖

## New features on our website

Our website has been enhanced with more new content. We added some helpful videos to assist you with your mask. Let's take a tour: 1. Go to [www.sleepwellnessnd.com](http://www.sleepwellnessnd.com), 2. Click on "Resources" at top left side of the page. 3. Scroll down to "Video Resources". There are currently, 9 videos that give instruction on mask fitting, and some have cleaning instructions as well. 4. When you scroll all the way down to the bottom of our page you will also see "In-store products" link. We have for purchase some accessories like travel CPAPs, CPAP wipes, or SoCleans. 5. Final stop, there are links to the National Sleep Foundation and other helpful sleep related websites for your convenience. ❖

## Sleep Wellness Center

2700 12th Ave. S. Suite B | Fargo, ND 58103 | Phone 701-235-7424 | Fax 701-239-4792 | Toll Free 800-962-8145  
**Regular Hours: Sept. 5, 2017 – May 18, 2018**  
 Monday -Friday: [8am -5pm](#)

**GRAND FORKS Location is in the Turning Point Health and Wellness Bldg.:**  
 2424 32 Ave. S, Ste. 101A | Grand Forks, ND 58201 | Phone 701-746-7378 | Toll Free 800-962-8145 | Fax 701-746-7388  
**Regular Hours: Sept. 5, 2017 – May 18, 2018**  
 Mon.-Fri.: [8:30am -5pm](#)

## Holiday closures for both offices:

**Thanksgiving: Thurs, Nov 23 and Fri, Nov. 24**  
**Christmas: Monday, Dec 25**  
**New Year's Day: Monday, Jan. 1, 2018**