

# Sleep Wellness Center

*get your ZZZZZZZZZ*

## Sleep Apnea

What is it? • Symptom checklist • Treatments



## What is sleep apnea?

Sleep apnea—also known as obstructive sleep apnea—is a sleep disorder that affects millions of Americans. People with this condition momentarily stop breathing while asleep because the muscles that control your upper airway relax too much, narrowing or even completely blocking your airway.

These lapses in breathing can happen 30 times or more in a single hour which makes it easy to understand why, even after getting 8-10 hours of sleep, you wake up groggy and tired. You did not get any restful sleep to restore your energy. This chronic lack of restorative sleep is taxing on your health and can lead to serious health conditions, including high blood pressure, irregular heart rhythms, stroke and heart disease.



## Symptoms of Sleep Apnea

People of all ages can develop sleep apnea and most don't realize they have it unless a family member gets irritated by disruptive snoring or a nurse notices a sleep disruption during a hospital stay. It is most common for people who are overweight or have a large neck which constricts the upper airway.

**If you have several of the following symptoms, you may have sleep apnea:**

- Loud, disruptive snoring
- Gasps or breathing lapses while sleeping
- Frequent nighttime bathroom visits
- Morning headaches and fatigue
- Chronic sleepiness during the day
- Increased irritability

**If you're concerned you may have sleep apnea, please visit:**

[winmarsleep.com/questionnaire](https://winmarsleep.com/questionnaire)



**and complete our detailed sleep questionnaire. Our sleep specialists will analyze your answers to our questions and contact you with your results.**

## Diagnosing Sleep Apnea

Diagnosing sleep apnea is critical for your long-term health. Left undiagnosed or untreated, sleep apnea has been linked to heart problems, high blood pressure, diabetes, weight gain, depression, impotence and even sudden death while sleeping.

If you suspect you might be suffering from sleep apnea, you should discuss your symptoms with your primary care physician. He/she can refer you to a sleep specialist—such as Sleep Wellness Center—for a sleep study that will monitor your brain waves, breathing, snoring, heart rate and muscle activity to determine if you have a sleep disorder.

At Sleep Wellness Center, we offer a comfortable, home-like atmosphere where you can relax and trust that our sleep experts—who are all registered or certified in sleep technologies—will help you find answers to whatever is preventing you from getting the restful sleep you need. We will work side-by-side with you from diagnosing your specific sleep issues to finding innovative therapies and treatment solutions.



## Sleep Apnea Treatment Options

The most effective treatment for sleep apnea is positive airway pressure (PAP) therapy. The flow of air pressure is delivered through your nose via a mask to prevent your airway from collapsing.

### PAP Therapy Options

#### **CPAP**

Continuous air flow

#### **Bi-level PAP**

Variable positive airway pressure

#### **Auto-PAP**

Automatically adjusts airflow as you need it

The most common treatment plan is CPAP, although depending on the severity of your airway obstruction, other options include oral appliances, body position modification and reconstructive surgery.



## Getting Your ZZZZZZZs

You'll be amazed and how much better you'll feel after just one night of PAP therapy.

Following your treatment plan will dramatically improve your sleep and your overall health. These are just a few of the benefits you can look forward to with a proper diagnosis and treatment plan:

- Deep, restful sleep at night
- It's easier to wake up in the morning
- Increased energy during the day
- Better concentration for daily tasks
- Lower blood pressure
- Less irritability and overall better moods



One of the key advantages to choosing Sleep Wellness Center is our follow-up care program. For some people, it may take awhile to adjust to sleeping with your PAP equipment. We can help you adjust headgear, reposition masks and make sure your therapy gear is fitting and working properly. This is the key to making your treatment effective.

We'll keep in touch with you to make sure your personal sleep therapy continues to work for you and, you'll be happy to know, there are no charges for follow-up office visits or equipment checks at Sleep Wellness Center. We always want to make sure you're doing well.

If you'd like to consult a sleep specialist, please call our office or ask your primary care physician, general practitioner or physician's assistant to phone our office regarding a referral. We accept all insurances, including Medicare and when you're referred to Sleep Wellness Center, we'll do all the insurance paperwork for you.

.....

**We want you to sleep safely  
and soundly so you can enjoy  
a happier, healthier life. Call us  
today at 800-962-8145.**

.....

**Sleep Wellness Center**

*get your ZZZZZZZZ*

*get your zzzzzzzzzz*

2700 12th Avenue South Suite B  
Fargo, ND 58103  
701-235-7424 **Toll Free** 800-962-8145

1191 South Columbia Road  
Within the Heart Institute of North Dakota  
Grand Forks, ND 58201  
701-746-7378 **Toll Free** 800-962-8145