

Sleep Quiz

Take this quiz to determine if you may have sleep apnea or other sleep disorder. Check all that apply.

- I snore.
- I wake up tired.
- I wake up gasping.
- I wake up with a sore throat.
- I have trouble losing weight.
- I frequently wake up to use the bathroom.
- It is hard for me to stay awake while driving.
- I've been told that it's incredible just how fast I fall asleep.
- I've been told that I'm a restless sleeper with my arms and legs flying all over the bed.
- I wake up with pains and numbness in my legs.
- I have difficulty falling asleep or staying asleep.
- I've been told that I stop breathing while I sleep.

If you checked off any of these boxes, you may have sleep apnea or another sleep disorder. Please discuss with your physician, and take the next step in finding a good night's sleep.

**FOR MORE INFO, CALL
(914) 333-5813**

Diagnosis and Treatment

The benchmark standard for diagnosing most sleep disorders is the SLEEP STUDY. It is a noninvasive study that measures sleep patterns, oxygen, EKG, and muscle tone. It is conducted overnight in one of our sleep centers. Treatments for sleep apnea include CPAP, which is a device to keep the airway open, surgery, and oral appliances. Other sleep disorders can be treated with drug therapy or positional training.

NIGHT & DAY SLEEP SERVICES

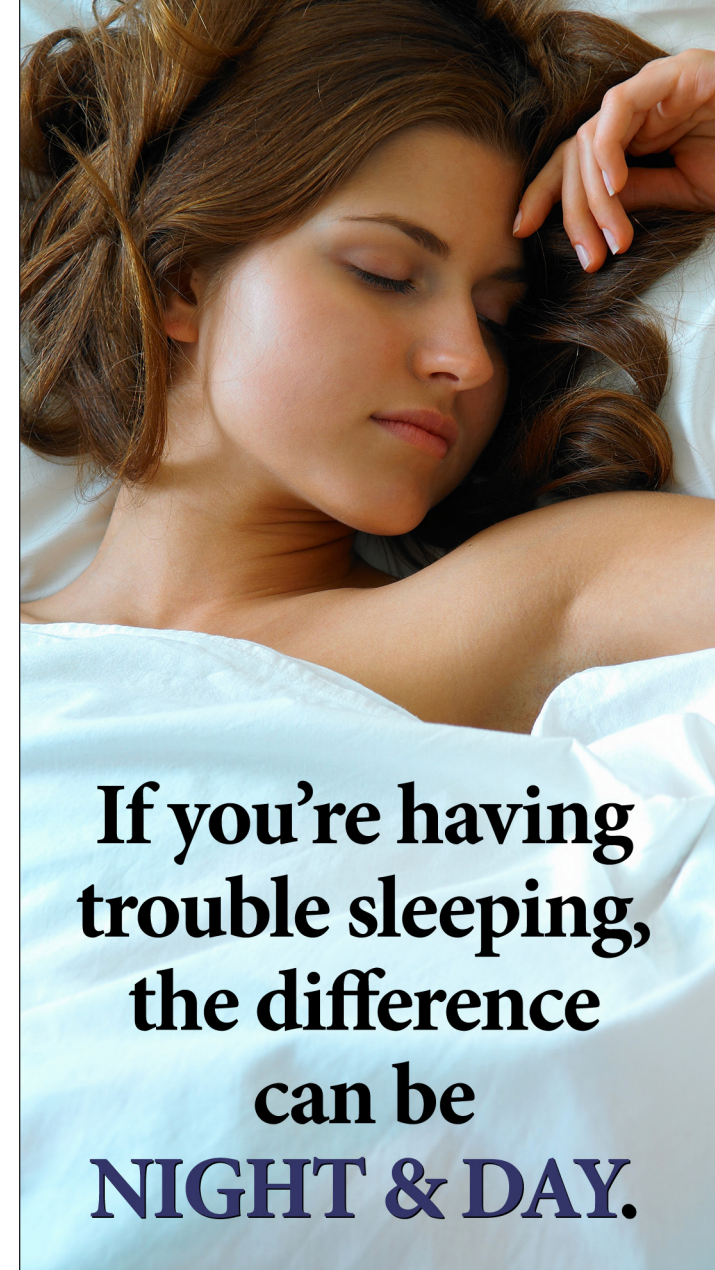
Are you having trouble finding a good night's sleep? Experience the most advanced sleep services in one of our facilities accredited by the American Academy of Sleep Medicine:

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NIGHT & DAY SLEEP SERVICES
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**If you're having
trouble sleeping,
the difference
can be
NIGHT & DAY.**

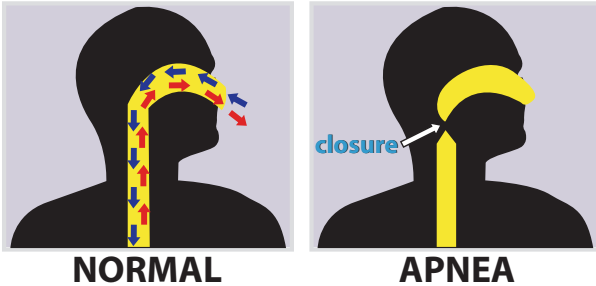


Sleep Apnea

“Apnea” means “stop breathing.” People with sleep apnea temporarily stop breathing, or have a reduction in breathing, during their sleep. This can occur for 10 or more seconds at a time, and 30 or more times an hour.

What Happens?

The throat closes (or the airway collapses) somewhere behind the tongue or uvula.



To protect the brain, the body fights to re-open the airway. The battle rages all night, not allowing the crucial time in deep sleep, which is required to feel rested in the morning.

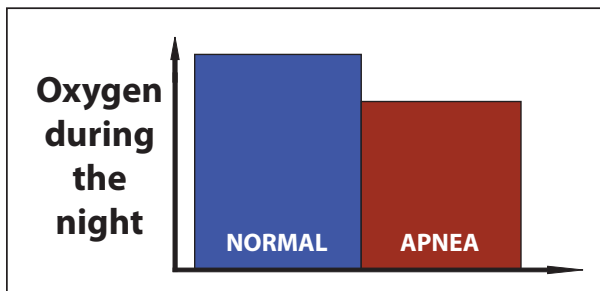
Sleep apnea and other sleep-related breathing disorders affect the body and brain in two ways:

- 1) Decreased oxygen
- 2) Interrupted sleep

Both have long-term consequences.

Decreased Oxygen

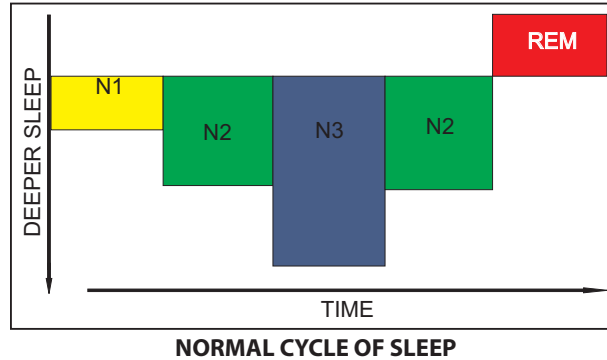
Instead of getting a steady flow of oxygen all night, the body gets spurts of oxygen. This decreases the overall amount of oxygen the body and brain get at night.



Interrupted Sleep

Normal Sleep has 2 states: REM and non-REM. Non-REM sleep has 3 stages. Stage N1 is the shallowest and Stage N3 is the deepest. Restful sleep cycles from shallow to deep sleep. Deep stages are restorative.

The more deep sleep, the more restful the night.



Consequences

Decreased oxygen and interrupted sleep can lead to long-term consequences including:

- ▶ Increased incidence of stroke/sudden death
- ▶ High blood pressure and heart disease
- ▶ Major factor in automobile accidents
- ▶ Inability to concentrate
- ▶ Decreased sexual drive

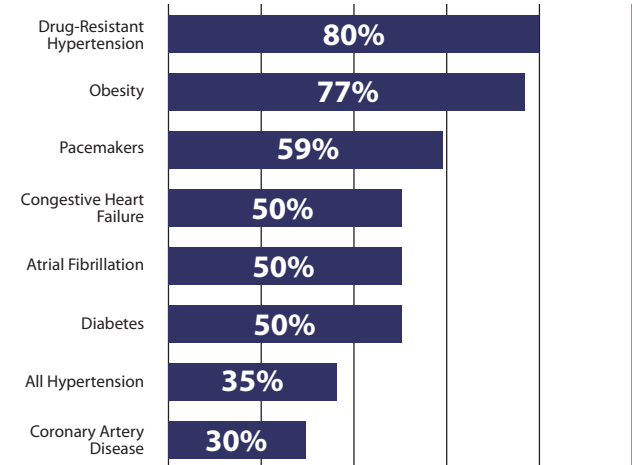
Drowsy Driving

Tired drivers cause over 50,000 car accidents and 1,500 accident-related fatalities per year. Tired drivers cannot react as quickly as alert drivers can. Studies have likened the effects of drowsy driving to drunk driving.

Sleep apnea increases the likelihood of car accidents three-fold, and increases the risk of multiple accidents seven-fold.

Prevalence of Sleep Apnea

70 million Americans have a sleep disorder. Over 18 million Americans are estimated to have sleep apnea. Only 10% are being treated. Sleep apnea is largely undiagnosed.



Risk Factors

People with the following characteristics, conditions, or habits are at risk for sleep apnea or other sleep-related breathing disorders:

- ▶ Obesity
- ▶ Large neck
- ▶ Men (twice as likely to have apnea)
- ▶ Middle age (40-60 years)
- ▶ Congestive heart failure

Symptoms

Symptoms of sleep apnea or other sleep disorders include:

- ▶ Snoring
- ▶ Pauses in breathing (during sleep)
- ▶ Jerking limbs (during sleep)
- ▶ Morning headaches
- ▶ Daytime sleepiness
- ▶ Irritability and memory loss
- ▶ Increased total sleep time (children)
- ▶ Bed-wetting (children)