Sleep Apnea

If you snore regularly and experience constant daytime sleepiness, you may have a condition called “sleep apnea.” Although it is as widespread as asthma and diabetes, sleep apnea often remains undiagnosed – a “hidden epidemic.”
If you have answered yes to three or more items on the above list, you show symptoms of Sleep Apnea, a life threatening disorder, which causes you to stop breathing during your sleep.

**What is Sleep Apnea?**

Normally, the muscles that control your upper airway relax when you sleep. If they relax too much, the airway becomes narrow and snoring begins. If the airway becomes too narrow or blocks off completely you will stop breathing temporarily. This is obstructive sleep apnea. This can literally happen several hundred times a night! This places a huge strain on your heart and brain because they are not getting enough oxygen.

**Are You at Risk?**

Studies have revealed that Sleep Apnea and Snoring increases your risk for high blood pressure, congestive heart failure, diabetes, depression, stroke, auto and work related accidents. A person with sleep apnea is seven times more likely to have an automobile accident! The inherent risks of sleep deprivation are just as important.

Do you think you or your loved one may have sleep apnea?

If so, contact your doctor or general practitioner and let them know all your symptoms and concerns. Then mention Fairfield Memorial Hospital’s Sleep Studies service provided through Fairfield Memorial Hospital’s Cardiopulmonary Department. A doctor’s referral is necessary to have a sleep study with us.

Studies include:

- Polysomnograms (basic sleep studies)
- Continuous Positive Airway Pressure (CPAP) trials or retritations
- Multiple Sleep Latency Tests (MSLT’s, daytime nap studies)
- Nocturnal Pulse Oximetry studies.