



## Fast Facts About Obstructive Sleep Apnea (OSA)

### What is Obstructive Sleep Apnea (OSA)?

- Obstructive Sleep Apnea is when a person stops breathing repeatedly during sleep. Breathing stops because the airway collapses and prevents air from getting into the lungs
- Sleep patterns are disrupted, resulting in excessive sleepiness or fatigue during the day

### What causes the airway to collapse during sleep?

- Extra tissue in the back of the airway such as large tonsils
- Decrease in the tone of the muscles holding the airway open
- The tongue falling back and closing off the airway

### How many people have OSA?

- 4 in 100 middle-aged men and 2 in 100 middle-aged women have Obstructive Sleep Apnea
- Most OSA sufferers remain undiagnosed and untreated
- Obstructive Sleep Apnea is as common as adult asthma

### What happens if OSA is not treated?

Possible increased risk for:

- High blood pressure
- Heart disease and heart attack
- Stroke
- Fatigue-related motor vehicle and work accidents
- Decreased quality of life

### What should you do if you suspect you may have OSA?

- See your doctor. Evaluation by a doctor specializing in sleep disorders is recommended.
- Have a sleep study done. A sleep study can provide the doctor with information about how you sleep and breathe. This information will help the doctor to determine your diagnosis and treatment options.

### What is the treatment for OSA?

The most common treatment is:

- CPAP (Continuous Positive Airway Pressure), pronounced "see-PAP." Other less common treatments include surgery and oral appliances, which may be effective in certain individuals.
- Any treatments should include weight loss if needed, exercise, and avoidance of alcohol, sedatives, and hypnotics.

### How does CPAP therapy work?

CPAP treats Obstructive Sleep Apnea by providing a gentle flow of positive-pressure air through a mask to splint the airway open during sleep.

- Breathing becomes regular
- Snoring stops
- Restful sleep is restored
- Quality of life is improved
- Risk for high blood pressure, heart disease, heart attack, stroke, and motor vehicle and work accidents is reduced

## Locations

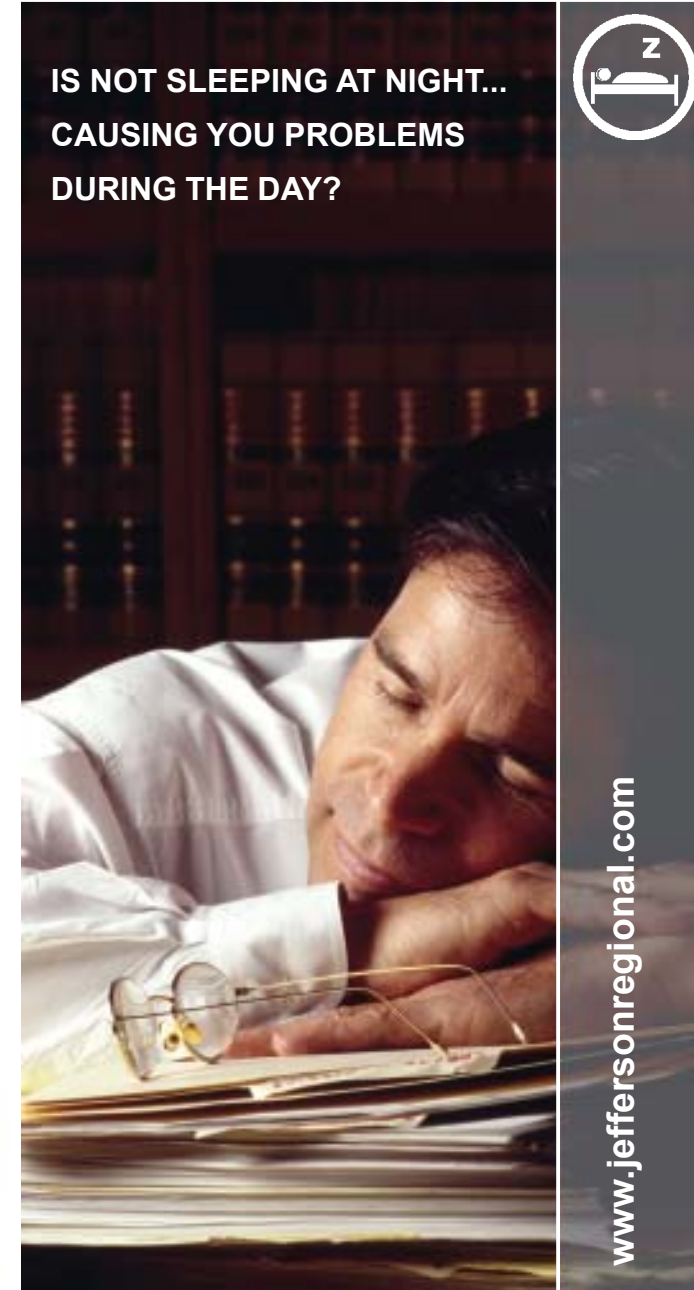
Overnight testing is done in a relaxed and comfortable setting at Jefferson Regional Medical Center Sleep Disorder Center, located in Suite 503 of the South Hills Medical Building, adjacent to the hospital, or at our satellite site at 1290 Chess Street, Monongahela, PA.

Jefferson Regional Medical Center is situated off Route 51 in Jefferson Hills Borough, one mile south of Century III Mall. Our satellite site is located directly off of Route 136 East behind the Eat-N-Park on Route 88 in Monongahela.

If you have any questions, or if you have a physician's referral and would like to schedule a sleep disorder evaluation, please call: Jefferson Regional Medical Center Sleep Disorder Center (412) 469-5981



IS NOT SLEEPING AT NIGHT...  
CAUSING YOU PROBLEMS  
DURING THE DAY?



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## *Is Not Sleeping at night ... ... causing you problems during the day?*



Sleep problems can lead to accidents, poor job performance and serious illness.

*Daytime sleepiness and fatigue have been linked to thousands of automobile accidents, major industrial accidents and disasters.*

*Pennsylvania Turnpike and New York Thruway studies estimate that nearly half of their fatal crashes are attributed to drowsy drivers.*

If you suffer from a sleep disorder, you're certainly not alone. More than 70 million Americans have sleep problems, and nearly 60 percent of them have a chronic disorder. Some 10 million people in the United States annually consult a physician about their sleep.

You don't have to live with your sleep problem. At Jefferson Regional Medical Center Sleep Disorder Center, you can obtain a comprehensive evaluation by trained staff that can help your doctor diagnose specific disorders for treatment.

### **Sleep Disorder Symptoms**

Patients with sleep disorders may present with symptoms such as:

- daytime fatigue
- daytime sleepiness
- concentration/memory problems
- heavy snoring
- breathing irregularities
- difficulty staying asleep
- nighttime chest pains
- morning headaches
- irritability
- lack of energy

### **Procedure**

The procedure is safe and painless. Small wires are taped to various parts of your body, so that trained professionals can record your brain activity, eye and muscle movements, heart rate, breathing and blood oxygen levels.

### **Evaluation**

An evaluation at the Sleep Disorder Center is an outpatient diagnostic procedure usually performed over one or two nights. Patients must be referred by a physician, and most health insurance policies cover sleep disorder testing. Evaluations are tailored to each individual's normal sleep habits and work schedule.



## **Take this Quiz to See if You or Your Loved one Might Have Sleep Apnea**

1. Do you usually snore loudly?  
 Y  N
2. Is your snoring interrupted by silence followed by a gasp or snort?  
 Y  N
3. Do you ever fall asleep—or almost fall asleep—while driving, at work, or during waking hours?  
 Y  N
4. Do you regularly have trouble concentrating or remembering?  
 Y  N
5. Are you experiencing mood or behavior changes?  
 Y  N
6. Do you often wake up with a headache?  
 Y  N
7. Has your interest in sex declined?  
 Y  N

If you answered yes to any question, talk to your health care provider. Your symptom(s) may be from sleep apnea or some other problem. Either way, medical attention is important.

**Call Today  
412-469-5981**