

Obstructive Sleep Apnea (OSA)

....is a serious, potentially life-altering breathing disorder that occurs during sleep, that may lead to life-threatening conditions. The upper airway repeatedly collapses, causing interruption of breathing (apnea) or inadequate breathing (hypopnea) and sleep fragmentation. Sleep fragmentation results in chronic daytime sleepiness.

If you have signs and symptoms that indicate the possibility of apnea, an evaluation by a physician specializing in sleep disorders is recommended.

A sleep study is a painless test that provides information about how a patient breathes during sleep. The data that is collected will enable the physician to determine the severity of sleep apnea and treatment options.

For a referral to our Sleep Center, contact your physician.

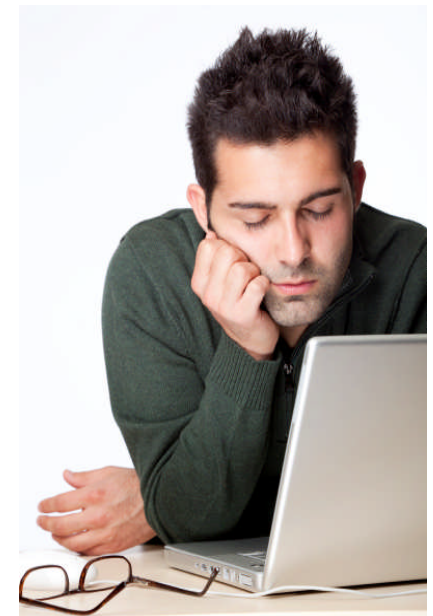
LEAVE THE REST TO US.

Woodward Regional's Sleep Center

Woodward Regional Hospital
900 17th Street
Woodward, OK 73801
www.woodwardhospital.com

Scheduling Phone: 580-254-8440
Mack Morse, Sleep Center Technician
and Manager Cell #: 580-938-1033
Fax: 580-254-8627

Woodward Regional's Sleep Center



*How well did
you sleep last
night?*



Signs & Symptoms of OSA



If you have one or more of the following signs or symptoms, it may be an indication of unidentified OSA.

- Snoring
- Excessive daytime sleepiness
- Gasping or choking during sleep
- Restless sleep
- Poor judgment/concentration
- Irritability
- High blood pressure
- Nocturnal angina
- Depression/Anxiety
- Obesity
- Difficulty awakening or falling asleep
- Frequent urination at night
- Morning headaches

Sleep Apnea

If left untreated, sleep apnea can result in a growing number of health problems including:

- High blood pressure
- Stroke
- Heart failure, irregular heartbeats and heart attacks
- Diabetes
- Depression
- Worsening of ADHD
- And more

Prevalence

- Patients with impaired cardiac function may suffer from sleep-related breathing disorders.
- Four percent of men and two percent of women aged 20-60 (an estimated 20 million people) meet minimal diagnostic criteria for OSA with excessive daytime sleepiness. An even greater number of people have subclinical apnea/hypopnea during sleep.
- The majority of OSA sufferers remain undiagnosed and untreated.

Other signs and symptoms are possible. Speak with your physician.



The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more on this test, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your personal physician.

Use the following scale to choose the most appropriate number for each situation:

0 = would never doze or sleep

1 = slight chance of dozing or sleeping

2 = moderate chance of dozing or sleeping

3 = high chance of dozing or sleeping

CHANCE OF SLEEPING/DOZING

___ Sitting and reading

___ Watching TV

___ Sitting inactive in a public place

___ Being in a passenger car with out a break

___ Lying down in the afternoon

___ Sitting and talking to someone

___ Sitting quietly after lunch with out alcohol

___ In a car, while stopped for a few minutes in traffic

___ **Total Points**