Obstructive Sleep Apnea Syndrome

Common sleep disorder causes high blood pressure and heart attacks
What Is Sleep Apnea?

Latest statistics show that 50% of the adult male population snores, of whom 20% suffer from sleep apnea. In the female post-menopausal population, this prevalence is the same. Sleep apnea is characterised by frequent pauses of breathing during sleep. Obstructive sleep apnea (OSA) is caused by blocked airflow during sleep from narrowing and closure of the upper airway. Central sleep apnea (CSA) is another form of sleep apnea characterised by airflow cessation due to how the brain signals the breathing muscles to work. It is important to note how tired you feel and whether your signs and symptoms affect your daily routine. Untreated sleep apnea could lead to high blood pressure, cardiovascular problems such as heart attacks and strokes.

Signs And Symptoms Of Sleep Apnea

- Snoring
- Chronic tiredness or sleepiness at work
- Poor concentration or memory impairment
- Morning headaches
- Irritability
- Poor quality sleep
- No energy
- High blood pressure

Medical Consequences Of Sleep Apnea

Sleep apnea is a serious, potentially life-threatening condition that is far more common than is generally understood. Quality and duration of sleep affect both our performance and our physical wellbeing. Patients with untreated OSA have a number of short term symptoms, including an increased risk of falling asleep while doing routine tasks. OSA can affect quality of life negatively by impairing alertness and altering mood and memory. It can also result in workplace and motor vehicle accidents. OSA may also increase the risk of developing long term health risks such as:

- High blood pressure (Hypertension)
- Heart attacks
- Stroke
- Obesity
- Type 2 Diabetes
- Increases risk for glucose intolerance and insulin resistance

Treatment Of Sleep Apnea

- Treatment include Continuous Positive Airway Pressure (CPAP) or Bi-Level Positive Airway Pressure (BiPAP), weight management and careful attention to other risk factors such as diabetes, high cholesterol and smoking.
- Oral devices may improve or alleviate mild cases of OSA and snoring. This simple and cost effective device will however not work in moderate or severe cases of OSA.
- In selected cases, surgical intervention may be considered.

How To Detect And Diagnose Sleep Apnea

- A screening questionnaire done by a healthcare practitioner will give an accurate indication of the probability of sleep apnea by asking questions about your sleep schedule and habits.
- A comprehensive home or hospital-based sleep study test will identify sleep apnea. With the sleep study test, sensors are placed onto your body to record your sleeping pattern. These sensors measure various parameters of what happens to your body during sleep.
- The home-based sleep study will accurately qualify and quantify obstructive sleep apnea, but will not always identify other sleep disorders or medical conditions.

Steps To Get Tested For Sleep Apnea

Step 1: Obtain a referral from your healthcare practitioner.

Step 2: Please fax or e-mail the referral. When the referral is received, it gets reviewed for completeness. Our professional staff will contact you, apply for medical aid authorisation and schedule an appointment with you.

Step 3: A technician will arrive with a testing kit that includes everything necessary to successfully complete the test.

Step 4: The testing equipment will be collected the next morning. The data and information gathered during the test will be downloaded.

Step 5: MySleep maintains a prestigious network of sleep clinicians and physicians to review and interpret the test data received.

Step 6: Immediately after the analysis has been completed, the final report will be e-mailed or faxed to your healthcare practitioner.

Step 7: Based on the report, your healthcare practitioner can then decide on and prescribe the recommended treatment.

Message: Current evidence supports a robust association between OSA and insulin resistance, glucose intolerance and the risk of type 2 diabetes, independent of obesity. Up to 83% of patients with type 2 diabetes suffer from unrecognized OSA and increasing severity of OSA is independently associated with poorer glucose control.

Reference: Department of Medicine, The University of Chicago, 5841 South Maryland Avenue, MC 4000, Chicago, IL 60637, USA
How To Prepare For The Sleep Study

On the day of the study, avoid caffeine after 12pm and try not to nap. Try to avoid or minimise your alcohol intake on the day of the study. It is important for the technician to know what medication you are taking, even non-prescribed medication. Do not discontinue any prescribed medication unless advised by your healthcare practitioner.

On The Night Of The Study

A technician will arrive at your home, hospital or arranged location with a testing kit that includes everything necessary to successfully complete the test. You should wear the clothes or pajamas that you normally go to bed with.

Set up can take between 40 to 60 minutes. You will be required to complete a sleep and medical history questionnaire.

After all the paperwork has been completed, set up will begin. Sensors are placed on your body to record your sleeping patterns.

You can go to bed at your normal bedtime, staying in bed between 6 to 10 hours.

Please note: The equipment used is very specialised and expensive, so please handle with the utmost care

Collection Of The Equipment

The technician conducting the test will schedule a suitable time with you to collect the equipment the next morning. The testing kit will be returned to our service centre, where the data will be downloaded and sent to a sleep specialist within our network of physicians or to a physician recommended by your referring healthcare practitioner.

Interpreting The Study And Results

MySleep maintains a prestigious network of sleep clinicians and physicians to review and interpret the test data received. Immediately after the interpretation has been completed, the report will be sent to your referring healthcare practitioner.

Consult with your healthcare practitioner on diagnosis and treatment options.
Continuous Positive Airway Pressure (CPAP) Treatment

The treatment of choice for obstructive sleep apnea is a continuous positive airway pressure device (CPAP). CPAP is fitted with a mask that fits over the nose and/or mouth and gently blows air into the airway to help keep it open during sleep. This method of treatment is highly effective. Using the CPAP as recommended by your healthcare practitioner is very important. The majority of people who use CPAP find immediate symptom relief and are delighted with their increased energy and mental sharpness during the day.

Reference: PloS Medicine 2009; 6: e1000132

Different Types Of CPAP Machines

- **Constant CPAP**: A CPAP machine is designed to deliver one constant pressure throughout the night (except for during the ramp time).

- **Auto CPAP**: An Auto-CPAP machine automatically determines the correct pressure necessary at any given time which tends to reduce the average pressure delivered throughout the night and therefore sometimes results in a higher level of patient compliance.

- **BiPAP**: A Bilevel or BiPAP machine is designed to deliver two pressures - an inhalation pressure and an exhalation pressure. BiPAP is usually recommended for patients with very high pressures or patients that suffer from central sleep apnea (CSA).
Devilbiss CPAP / BiPAP Range
The IntelliPAP CPAP System is designed to offer the ultimate in performance and comfort - plus, it is easy to use.
- Whisper-quiet operation, operating at only 26 dBA.
- Clean, sophisticated appearance and compact size easily fits into any home environment.
- Ramp-up pressure allows the patient to fall asleep more easily at lower startup pressures.
- Auto on/off. Automatically starts the flow of air after breathing into mask.
- DC power adapter available.
- Automatic altitude adjustment.
- SmartCode® compliance tracking encodes key data that can help you monitor the progress of your therapy.
- Integrated heated humidifier which can be removed if not needed.
- 3-Year international warranty.

Apex CPAP Range
The XT CPAP system is compact, lightweight and pack away quickly. It is an ideal solution for today’s mobile generation.
- Quiet operations, operating at below 29 dBA.
- Compact, lightweight and portable design.
- Perfect solution as a simple, practical, economical CPAP device.
- Ramp-up pressure allows the patient to fall asleep more easily at lower startup pressures.
- Automatic altitude adjustment.
- Data management card and software to track user compliance.
- Easy-to-read LCD display with backlight.
- Integrated heated humidifier which can be removed if not needed.
- 2-Year warranty.

Fisher & Paykel CPAP Range
The F&P ICON™ has been designed from the outside-in to answer the CPAP user’s strong call for a compact, stylish CPAP that blends seamlessly into any bedroom environment.
- Quiet operations, operating at below 29 dBA.
- Contemporary and stylish design for bedroom appeal.
- Automatic altitude adjustment.
- Compact footprint including humidifier and power supply.
- ThermoSmart™ Technology for more humidity and comfort.
- Info Technologies for flexible data communication options.
- 2-Year warranty.

Mask And Accessories
Various different mask supplies and accessories are available. The different mask types include:
- Nasal mask
- Full-face mask
- Nasal pillow mask
- Oral mask
- Petite (small) mask
Tubing, air filters, carry bag, humidifier and accessories are essential items that can also be acquired.
**Why Mysleep**

Mysleep specialises in providing the highest quality patient management services to clinicians and facilitate home or hospital-based sleep studies.

**Key features of MySleep:**

1. Home-based sleep studies.
2. Quick access and results.
3. Continuous feedback tailored to the specific requirements of the physician.
4. Complete CPAP, BiPAP and Mask supplies and installation services.
5. Patient compliance is monitored over a two year period, after having gone onto CPAP or BiPAP treatment.

Sleep is complex. It is not just the amount of sleep that you get but also the quality that determine how rested you will be. Mysleep in conjunction with BSS Africa provides a programme on understanding sleep architecture and the roll of the different types of sleep in reducing fatigue and promoting alertness.

For more information concerning the better sleeping solution, please contact us on: 087 944 7133 or visit www.mysleep.co.za
For more information contact MySleep at:

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Disclaimer: This brochure is for education purposes only and is intended to answer some of the frequently encountered questions about the meaning of ‘Sleep Apnea’. If you have any questions regarding the information contained in this brochure please contact your physician.