

Sleep Health
Are you at risk?

How does sleep apnea
affect your health?

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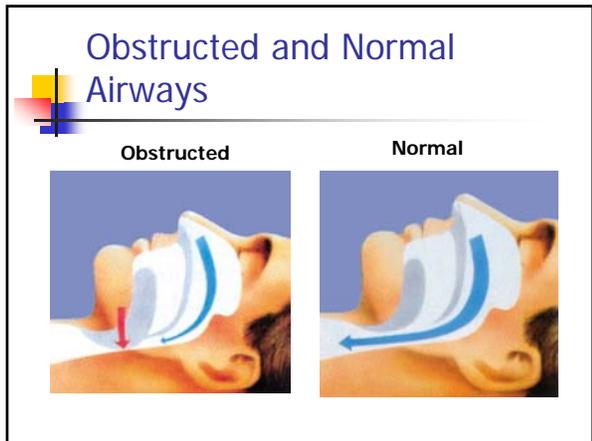
Snoring

- Everyone snores occasionally.



Additional Symptoms of OSA

- Recurrent nocturnal awakenings
- Un-refreshing sleep
- Daytime fatigue
- Impaired concentration / memory loss
- Mood / behavioral changes
- Morning headaches
- Loss of sexual interest



Impact of OSA

- **Decreased quality of life**
- **Public safety issue**
 - *Drowsy driving.*
- **Carries an economic toll.**
 - *Consumes higher amounts of healthcare prior to diagnosis.*
- **Linked to :**
 - *Cardiovascular disease*
 - *Glucose regulation with type II diabetes*
 - *Sudden death at night*
 - *Increased morbidity & mortality.*

Types of Sleep Apnea:

- **Obstructive Sleep Apnea-**

Is a condition in which the flow of air pauses or decreases during breathing while you are asleep because the airway has become narrowed, blocked, or floppy
- **Central Sleep Apnea-**

Is when you repeatedly stop breathing during **sleep** because the brain temporarily stops sending signals to the muscles that control breathing
- **Complex Sleep Apnea**

The persistence or emergence of central apneas or hypopneas upon exposure to CPAP

PAP Therapy Treatment Goals

- Maintain open airway
- Improve quality of sleep
- Alleviate daytime symptoms
- Reduce CV stress
- Forestall morbidity & mortality associated with OSA

Studies that Evaluated PAP therapy on Cardiovascular System in patients with OSA



Outcomes of Study

- Patients with severe OSA that was left untreated had a significant increase in CV events (both fatal or non-fatal events) after 10 years.
- Patients with severe OSA had a significant reduction in CV events when treated with CPAP.
 - Patients who used CPAP > 4hours per night had a drop in CV risk.
- Marin, JM et. al Lancet 2005: 365:1046 - 1053

Overall CPAP Benefit OSA for patient with HTN

- CPAP acutely reduced blood pressure
- There is a chemical response to sleep apnea events
- Prolonged CPAP therapy reduced nocturnal and daytime blood pressures

CPAP Benefit Atrial Fibrillation

- Study included 488 patients from Cardiac Clinic
- Untreated OSA doubled the risk of recurrence of atrial fibrillation
- Treatment of OSA with CPAP decreased risk of atrial fibrillation recurrence after cardio-version by 50%
- Authors suggest patients with AF should be screened for OSA

Gami et al., Circulation 2004;110:364-367

Stroke and Sleep Apnea

- More than half of stroke patients also have sleep apnea.
- It is known that the risk of stroke increases progressively with the increased severity of the sleep apnea.
- Research has suggested a link with increased plasma fibrinogen levels with the number of apnea events

Fatigue- Related Accidents

- Excessive daytime sleepiness is a primary complaint of patients with sleep apnea.
- Sleep apnea patients are involved in traffic accidents 2-3 times more often than the general population.



How to use this Information?



Hallmark OSA Signs & Symptoms

- Excessive daytime sleepiness (EDS) unexplained by other factors *with*
- Loud, disruptive snoring
- or*
- Nocturnal choking / gasping / snorting
- or*
- Nocturnal pauses in breathing

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Risk Factors for OSA

- HTN – Refractory HTN
- Increased healthcare utilization
- Family history of OSA
- Body mass index (BMI) >30
- Physical characteristics
 - crowded airway
 - facial characteristics

Treatment Options for OSA

- CPAP
- Bi-Level
- Auto Servo-Ventilation
- Dental Devices
- Surgical Treatments



Good Sleep is Essential to Good Health!

- Everyone knows that a good night's sleep makes the difference between feeling good or grumpy the next day; between functioning at peak performance or stumbling sluggishly through the day.
- Research tells us sleep is as vital to our health and well-being as a balanced diet or regular exercise.

We spend one-third of our lives sleeping...more than working or playing.