## Why US?

We specialize in sleep laboratory testing and home sleep testing.

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- We Accept Most Insurances

- Physician Board Certified in Sleep Medicine

- Fast Scheduling and Turnaround

- Adult and Pediatric

- Comfortable Hotel-like Setting

## Treating all Sleep Disorders:

* Sleep Apnea
* Insomnia
* Restless Leg Syndrome
* Periodic Leg Movement Disorder
* Narcolepsy

# Facts about Obstructive Sleep Apnea

Date of publication

Find out in 1 minute - Take the Sleep Apnea Screening Test NOW

Inside

# Dangerous Snoring?

Date of publication

Serving

## Sleep Better. Live better.

what is sleep apnea?

|  |
| --- |
| Sleep apnea is a serious and potentially life threatening condition that is far more common than generally expected. It is a disorder in which a person repeatedly stops breathing during sleep. As the soft tissues and muscles in the back of the throat relax, the airway becomes narrower, which causes snoring and breathing difficulties. Sleep apnea is characterized by partial or complete closure of the airway during sleep.  After a period of time, which may be anywhere from ten seconds to over a minute, the brain senses the lack of oxygen and alerts the body to wake up. Though the person is often not aware of it, the is process can occur hundreds of times during the night, severely disrupting sleep. Between 4-10 percent of the population has some degree of sleep apnea.  Most people with sleep apnea are unaware of their problem. |

SLEEP APNEA SCREENING QUESTIONNAIRE

**Do you SNORE loudly?** **Yes or No**

**Do you often feel tired, fatigued, or sleepy during the daytime?** **Yes or No**

**Has anyone observed you stop breathing during your sleep?** **Yes or No**

**Do you have or are you being treated for high blood pressure?** **Yes or No**

**Are you obese/ very overweight – BMI more than 35 kg/m2?** **Yes or No**

**Age over 50 years old?** **Yes or No**

**Neck Circumference >16 inches?** **Yes or No**

**Are you male?**  **Yes or No**

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**SCORE:**

**If YES to 0 – 2**, then low risk of sleep apnea

**If YES to 3 – 4** of the above, then you are at intermediate risk of having sleep apnea

**If YES to 5 – 8** of the above, then you are at high risk of having sleep apnea

**TELL YOUR DOCTOR HOW YOU SCORED**

Risks and complications of untreated sleep apnea

* Increased risk of heart attack
* Increased risk of stroke
* Deadly heart rhythms
* Sexual dysfunction
* Depression, mood issues
* Glucose tolerance, diabetes control
* Increased risk of deadly car accidents
* Poor work, school performance
* Learning and memory difficulties

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