

# sleep apnea clinic



## Frequently Asked Questions

**Q:** When do I have to return the diagnostic equipment?

**A:** The diagnostic equipment must be returned no later than 9 a.m. the following business day.

**Q:** Where do I return the equipment?

**A:** The equipment can be placed in the blue return bins located across the street from the Alhambra building or placed in the red and white cart in the Respiratory Care department.

**Q:** When should I start the test?

**A:** You should begin the sleep study about 30 minutes prior to going to sleep.

**Q:** How long do I need to wear the sleep diagnostic equipment?

**A:** We need a minimum of 5 hours of data. Keep the device, sensors, and straps

attached overnight to assure that ample data is received.

**Q:** What happens if I need to use the restroom?

**A:** Keep the equipment, sensors, and straps attached. The sleep diagnostic equipment should not be removed until completion of the test.

**Q:** Can I eat before starting the sleep study?

**A:** Do not consume a heavy meal less than 4 hours prior to beginning your sleep study.

**Q:** Should I continue taking medications before, during, or after the sleep study?

**A:** Continue taking all prescribed medications as scheduled before, during, or after the sleep study.

**Sleep study diagnostic equipment should be returned the following business day by:**

**9 a.m.**

**Equipment can be dropped off directly at the Martinez Sleep Apnea Clinic during normal business hours or into any of the three blue bins located across the street from the clinic.**



### Sleep Study Instructional Session

**Thank you for attending a sleep study session today. This is an important first step in your journey to a better sleep.**

Snoring may harm your sleep. Snoring can also be the first sign of sleep apnea, a serious health condition.

If you have sleep apnea, your throat becomes blocked during sleep. You stop breathing for short periods of time. To breathe, you must briefly wake up. The cycle repeats many times throughout the night.

Kaiser Permanente recommends a sleep study to diagnose sleep apnea. This study provides us with the best picture of how you breathe when you sleep.

#### Session Objectives:

- Overview of sleep conditions
- Review of health risks
- Recommended treatment
- Demonstration of overnight sleep diagnostic equipment

Kaiser Permanente's Respiratory Care Group in Martinez is committed to maximizing your understanding of sleep conditions.

**sleep apnea clinic** 200 Muir Road • Alhambra Building • Martinez, CA 94553 • **925-372-1106**

**Hours of Operation:** Monday – Friday 7:30 a.m. – 5 p.m.

# Snoring and Sleep Apnea

## Snoring

If the structures in your throat are bulky or throat muscles relax too much, the airway may be partly blocked. Air flowing through the throat makes these structures vibrate. That vibration is what causes snoring.

## Sleep Apnea

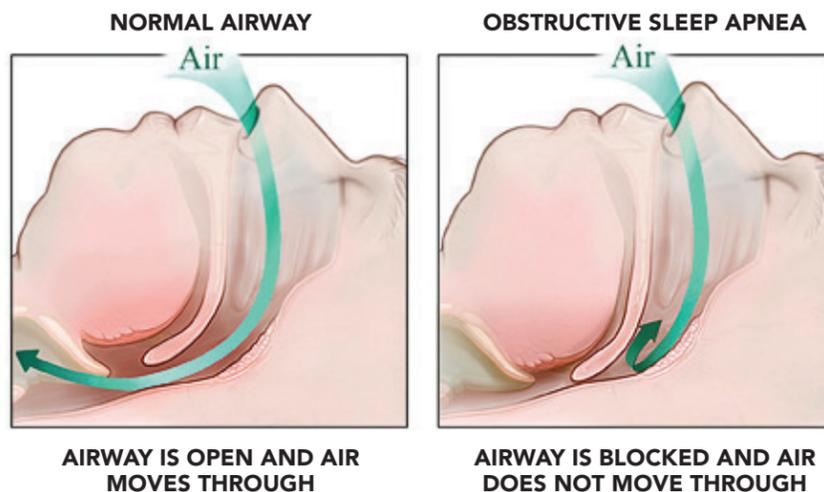
Blockage in the throat can partially or completely stop air from flowing. If this happens, the brain tells the body to wake up just enough to tighten the muscles and open the airway. This cycle may repeat many times during the night.

## Nose and Jaw

Problems in the structure of the nose may obstruct breathing. A crooked (deviated) septum or swollen turbinates can make snoring worse or lead to apnea. Also, a receding jaw may make the tongue sit too far back, so it is more likely to block the airway when you are asleep.

## Problems Associated with Sleep Apnea

- Wake up tired after a full night's sleep
- Wake up with a headache
- Feel very sleepy and even fall asleep during the day
- Problems with memory and concentration
- Cranky or short-tempered
- Gasp or snort in your sleep
- High blood pressure
- Heart attack
- Heart failure
- Stroke
- Sexual dysfunction



## Treatment Options

Here are recommended treatment options for sleep apnea:

### Change Habits

- Sleep on your side
- Lose weight
- Avoid alcohol and certain medications
- Unblock your nose

### CPAP

- Most effective treatment option
- Gentle air pressure that holds your airway open
- Multiple air pressure options

### Oral Appliances

- For simple snoring and mild to moderate apnea
- Moves jaw forward
- Takes several rounds of adjustments

### Surgical Treatment

- Surgery to widen the airway
- Shrinks excess tissue where the mouth meets the throat

### For More Information

- American Academy of Sleep Medicine
- American Sleep Apnea Association
- National Sleep Foundation

## Your Journey to a Better Sleep

<b>Step 1</b>	<b>Sleep Study Appointment</b> <ul style="list-style-type: none"> <li>• Overview of sleep conditions and health risks.</li> <li>• Treatment options.</li> <li>• Overnight sleep diagnostic equipment.</li> </ul>
<b>Step 2</b>	<b>Results of Sleep Study</b> <ul style="list-style-type: none"> <li>• Negative to Mild Apnea: Result is sent to you and your PCP (Primary Care Physician) for further review and followup.</li> <li>• Moderate to Severe Apnea: Sleep specialist reviews the results and coordinates a CPAP (Continuous Positive Airway Pressure) trial through the Sleep Apnea Clinic in Martinez.</li> <li>• Sleep Apnea Clinic: Contacts you to set up an appointment.</li> </ul>
<b>Step 3</b>	<b>CPAP Titration Study Appointment</b> <ul style="list-style-type: none"> <li>• Review results of sleep study.</li> <li>• Demonstrate how to use the CPAP equipment.</li> <li>• Review mask options for optimal use with CPAP device.</li> <li>• CPAP device is returned for analysis after 7 days of use.</li> </ul>
<b>Step 4</b>	<b>CPAP Results Analysis</b> <ul style="list-style-type: none"> <li>• Respiratory Therapist reviews results of CPAP study.</li> <li>• Based on the results and your DME (Durable Medical Equipment) supplemental insurance coverage, a referral is sent to the Kaiser Permanente DME department for equipment ordering or a signed prescription and CPAP resource guide are mailed to you.</li> <li>• Apria (DME vendor) will contact you to discuss equipment delivery options or you may utilize the CPAP Resource Guide to purchase equipment and supplies.</li> </ul>
<b>Step 5</b>	<b>Ongoing Sleep Support</b> <ul style="list-style-type: none"> <li>• Follow up with your PCP at 1-800-464-4000 if you experience any problems with the CPAP device.</li> <li>• Call Apria at 1-800-731-3408 to reorder CPAP supplies.</li> <li>• Contact DME at 1-877-317-6230 (toll free) for CPAP warranty information, benefits, or copayment.</li> <li>• Contact Sleep Apnea Clinic in Martinez at 925-372-1106 if you encounter problems with the mask.</li> </ul>

## Helpful Habits

Four habits that could help you stop snoring and prevent mild sleep apnea:

### Sleep on your side

- When you sleep on your back gravity pulls relaxed throat tissues down, blocking the airway.
- Sleeping on your side may reduce this blockage.
- Less blockage may mean less snoring and less apnea.

### Avoid alcohol and certain medications

- Avoid alcohol and certain medications such as sedatives and sleeping pills may relax your throat muscles more than usual.
- That could cause or worsen blockage, snoring, and apnea.
- Avoid alcohol 3 to 4 hours before bedtime.

### Lose weight

- Excess weight makes the structures in your throat more bulky and floppy.
- That makes breathing harder and snoring and apnea worse.
- We have a number of weightloss programs and ideas on living an active lifestyle.

### Unblock your nose

- A blocked up nose makes snoring and apnea worse.
- Nasal strips may make breathing easier.
- Smoking worsens a stuffy nose; so if you smoke, quit.