

Take this Sleep quiz to evaluate your risk of having sleep apnea

- Are you loud, habitual snorer!
- Has your partner witnessed you choking, gasping or holding your breath during sleep!
- Do you regularly feel unrefreshed in the morning or with morning headache even after waking up from a full night's sleep!
- Do you fall asleep easily in day time while reading, watching TV or driving
- Do you suffer poor concentration or attention, memory loss, irritability or bad mood!
- Do you have high blood pressure or obesity!

If you answer yes for two or more questions, you may be at risk of sleep apnea or other sleep disorder and take the results to your doctor to discuss further.



How to sleep well

-Try to maintain a regular sleep and wake up during the days of the week and during weekends. Irregular habits may cause an imbalance in the "biological clock" in the brain, which is responsible for controlling the ability to sleep.

-Try not spent in bed sleeping more than eight hours, because sleeping more than 8 hours (even if you think that you need), adversely affect the sleep-wake system, and may lead to general fatigue during the day.

-Exercise regularly, exercise improve your health and help you sleep at night, it also protect you from many diseases and obesity.

-Avoid taking a nap in the late afternoon or evening. If you want a nap, try to have it in early afternoon and it should not exceeds more than 30 minutes.

-Avoid the stimulants caffeine (coffee, cola and chocolate)

-Avoid smoking before bedtime.

-Avoid eating large heavy meals or excessive fluids before bedtime.

-When it is time to sleep close the phone and do not think about any personal or family problems.

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Obstructive sleep apnea



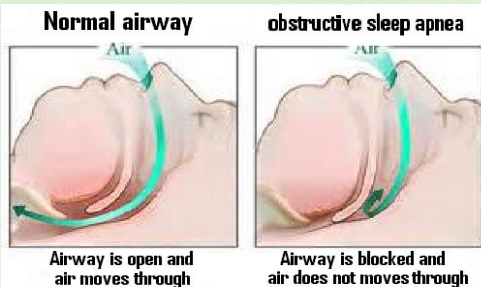
Sleep disorders Center

What is Obstructive sleep apnea syndrome (OSAS)?

Snoring is one of the main symptoms of obstructive sleep apnea (OSA). Daytime sleepiness. Fatigue despite adequate sleep, morning headaches, insomnia and difficulty in concentration, depression, forgetfulness, high blood pressure, high blood sugar, impotence, weight gain and increased nighttime urination may be caused by OSA. Patients with OSA are rarely aware of it; symptoms may be present for years or even decades without identification

What are the reasons for sleep apnea?

During sleep, muscles will relax (including the muscles of the tongue and the soft palate) which will cause narrowing in the back of the throat. This will interfere with the breath and it will cause the snoring (the sound of the passed air through the narrowed airway). If the collapse of the airway is complete, then the breath will stop, and this is called apnea. Frequent apneas will lead to frequent neurological arousals Which rarely result in complete awakening, but can have a significant negative effect on the quality of sleep and the patient may suffer from fatigue and drowsiness the next day



What are the factors that can contribute to sleep apnea?

Most individuals with OSA suffers from obesity but Obesity is not always present. A smaller than normal jaw, large tongue and enlarged tonsils can be factors too. Old age Men and post-menopause women are at increased risk of developing sleep apnea. Lifestyle factors such as smoking and alcohol may also increase risk of OSA

How do you diagnose OSA?

Diagnosis is based on a combination of patient history and a polysomnography.

What is Polysomnography?

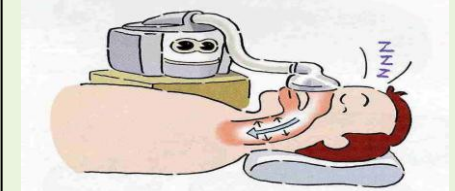
Polysomnogram is an overnight sleep study. A trained sleep technician will prepare you for the test and apply sensors to the head, face, chest, abdomen, and legs. None of these devices hurt, then he will monitor the physiological indicators during sleep including Brain waves, Heart rate, Breathing rate, Oxygen level.



What is the treatment of sleep apnea?

There is a variety of treatments for OSA. This involves lifestyle changes, such as avoiding alcohol and sedative medications, losing weight, and quitting smoking. Some people use special pillows or oral appliances to keep the airway open during sleep.

What is the Specific treatment for sleep apnea? Continuous positive airway pressure (CPAP), in which a facemask is attached to a tube and a CPAP machine that blows pressurized air into the. Mask and through the airway to keep it open.



There are also surgical procedures intended to remove any tighten tissue and widen the airway; some individuals may need a combination of therapies to successfully treat their condition.

What are the Potential risks of untreated sleep apnea? Untreated sleep apnea may put you at risk of a number of life threatening conditions including heart attack, stroke, hypertension, diabetes and even other diseases.