



# Sleep Trouble?

Let us help you get the best sleep possible

Personalized treatment plans to improve your sleep and quality of life



Mount Sinai South Nassau

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All photos, with exception of cover photo, were taken prior to the COVID pandemic. Our practitioners and patients are required to wear appropriate PPE at all times.

Except where noted, models are used in photos and their appearance here is not reflective of a specific disease profile.

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## Do you suffer from a sleep disorder?

Did you know that the average adult needs seven to eight hours of sleep each night for peak performance?

Although each person's sleep needs differ, studies show that sleeping less than seven hours a night on a regular basis may lead to serious health problems.

### Do you ...

- fall asleep or feel sleepy while reading, watching TV or during dinner, or feel sleepy while driving or at work?
- snore?
- gasp for air?
- have morning headaches?
- have trouble concentrating?
- have difficulty falling asleep or staying asleep?
- have a creepy, crawly, tingly or burning feeling in your legs at night?
- wake up in the middle of the night with heartburn?

If you answer "YES" to any of these questions, we may be able to help.

## Sleep disorders

A sleep disorder can be any medical condition that interferes with your ability to sleep restfully on a consistent basis. There are over 80 sleep disorders; however, common sleep disorders include obstructive sleep apnea (OSA), narcolepsy, insomnia, periodic limb movement disorder (PLMD) and restless leg syndrome (RLS). The most common sleep disorder diagnosed in sleep centers is obstructive sleep apnea.

**Obstructive Sleep Apnea (OSA)** or simply "sleep apnea," is a disorder in which breathing is briefly and repeatedly interrupted during sleep. OSA occurs when the muscles in the back of the throat fail to keep the airway fully open, despite efforts to breathe. When the body realizes this, it reacts by waking the person momentarily to take a breath and reopen the airway. This is what causes the gasping that bed partners recognize between bouts of snoring.

OSA is a serious, potentially life-threatening breathing disorder which affects an estimated 20 million Americans, equally as common as asthma and diabetes. Estimates suggest that up to 85 – 90% of individuals with sleep apnea go undiagnosed and untreated.



We see patients as young as two years of age. Sleep disorders can affect every aspect of a child's development and can cause physical, emotional, cognitive and social and behavioral problems. Sleep problems can result in learning difficulties and daytime sleepiness motor vehicle crashes for teenage drivers.



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## Sleep apnea can play a major role in the development of these conditions:



7X

more likely

**Cardiovascular Disease:** This is the number one cause of death in the U.S., killing nearly 900,000 people each year. Hypertension or high blood pressure, is directly related to sleep apnea.

The most recent studies prove that people who allow moderate to severe sleep apnea to continue untreated are seven times more likely to die of cardiovascular complications such as heart attack.



2-3X

greater risk

**Stroke:** Sleep apnea is associated with increased stroke risk. People with untreated sleep apnea run a 2-3 times greater risk of suffering from certain types of strokes than those

who are treated. In addition, stroke victims have a tendency to develop sleep apnea as a direct result of the event. This becomes a vicious cycle, with subsequent stroke risk increasing by 2-3 times because of the development of apnea.



40%

suffer from sleep apnea

**Diabetes:** Sleep apnea is associated with hypoxemia, which is a lowering of oxygen pressure in the arteries. When this occurs, the insulin resistance associated with

Type 2 diabetes develops in many people. The International Diabetes Federation (IDF) Task Force on Epidemiology and Prevention suggests that approximately 40% of Type 2 diabetics also suffer from sleep apnea.

Recognizing the signs of sleep apnea and discussing them with your doctor is your best defense.

## The good news: help is available

Mount Sinai South Nassau Center for Sleep Wellness offers the latest generation sleep technology, providing a comfortable environment where patients undergo the highest quality and most accurate sleep studies available.

After your sleep study is completed, a report will be sent to your physician for review and a personalized treatment plan will be developed to improve your sleep. We will work with your physician to make sure that your sleep condition is monitored on a continual basis. In addition, education and support services are readily available for patients as well as their sleep partners.

### At-Home Testing



For some people, a home sleep study is a better, more cost-effective way to undergo sleep testing. The advantage of at-home testing is comfort where the patient is taking the test in their own home where they are more comfortable and more likely to act and sleep naturally. Prior to the test, the patient receives training from a qualified technician on how to use the equipment.

The equipment is minimal and usually consists of a nasal sensor, a band that goes around the chest and a finger clip. When ready to sleep, the patient turns on the device and falls asleep as normal. After the test, the device is returned to the technician for analysis.

At-home sleep studies are conducted from our 440 Merrick Road location.

### In-Lab Sleep Testing



In-Lab testing occurs at either a hospital-based or free-standing sleep center where technicians and advanced sensors are available.

The patient is made as comfortable as possible by allowing them to wear their own clothing, observe their normal nighttime routines and occupy a private room. In-lab testing permits detailed monitoring of the patient's brainwaves, oxygen saturation, leg motion, heart rate and other critical benchmarks for diagnosing many sleep disorders. A technician oversees the patient throughout the night and sometimes makes adjustments to the equipment setup to ensure the most detailed results possible.

### The Advantage of In-Lab Testing is Detail

The thoroughness of the sensors that are used during an overnight test can detect or rule a variety of sleep disorders, including obstructive sleep apnea, central sleep apnea, narcolepsy and periodic limb movement disorder.

In-Lab studies can detect all types of sleep disorders and can monitor all types of patients, including children. Furthermore, the presence of a technician ensures the most useful information possible. A technician can initiate CPAP treatment, demonstrate different styles of CPAP masks and experiment with air flow (called a titration study) all in the same night.

Visit [southnassau.org/sleep](https://southnassau.org/sleep) for more information

