

WHAT ARE THE TREATMENT OPTIONS FOR *Sleep Apnea*

Oral/Dental Appliance - An oral appliance is a small device that's very similar to an orthodontic retainer. It's worn in the mouth while sleeping to help prevent soft throat tissue from collapsing and obstructing the airway. Some of the devices hold the lower jaw forward during sleep, while other appliances directly affect tongue position.

Surgical Interventions - The most common surgical procedures include Uvulopalatopharyngoplasty, Radiofrequency Somnoplasty and the Pillar Procedure.

Any treatment should include weight loss if needed, exercise, and avoidance of alcohol, sedatives

Our board certified sleep specialists will guide you through the diagnosis and treatment of your sleep disorder. We are also able to provide and maintain CPAP devices depending upon your medical insurance.

OUR SLEEP *Specialist*

OUR *Consultants*

Dr. Mayur Patel

Dr. Shailesh Patel

SPECIALIST

Wayneinder Anand, MD

Dr. Anand, is board-certified in pulmonary, critical care, sleep and internal medicine. He has been an active staff member at Providence Saint Joseph Medical Center since 2008. Prior to this he completed his residency at Case Western Reserve University in Ohio. This was followed by fellowship at University Hospitals of Cleveland, Cedars Sinai Medical Center and the David Geffen School of Medicine at UCLA.

Dr. Anand has strong interest in treating patients with Sleep Disorders. He has particular interest in treating complex apneas, hypersomnias, parasomnias, and restless leg syndrome.

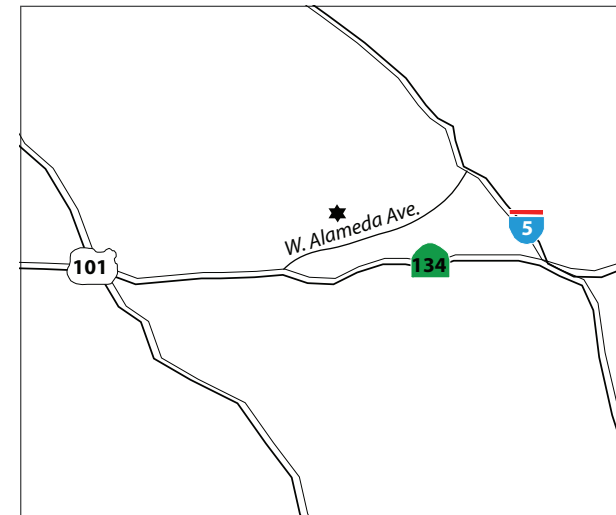
Dr. Anand has been a member of the American College of Chest Physicians, American Thoracic Society, American Academy of Sleep Medicine and the American Medical Association. He is a Healthgrades recognized doctor and has received numerous awards including the AMA's Physician Recognition Award, Patient's Choice Award and Compassionate Doctor Recognition.

His approach involves understanding the patient's healthcare needs, implementing state-of-the-art techniques and evidence based medicine. He takes the time to understand his patient's needs and is always willing to discuss all aspects and options of treatment.

ABOUT OUR *Sleep LAB*

California Sleep Center offers consultations and diagnostic sleep studies along with evaluation on Insomnia and other Sleep related disorders like Narcolepsy, Painsomnia and Restless Leg Syndrome.

Our office is conveniently located close to the 101 and 134 Freeways.



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THE IMPORTANCE *of Sleep*

While we know the importance of good diet, regular exercise and healthy lifestyles, most of us don't realize the importance of sleep for maintaining good health and emotional and mental wellbeing.

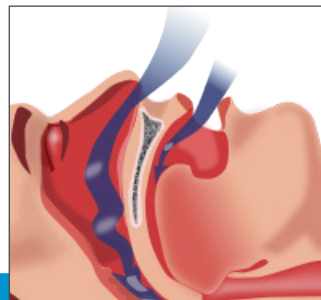
Sleep occupies one third of a human lifetime. In a recent poll conducted by the National Sleep Foundation, it is estimated that 74% of American adults have experienced a sleeping problem and a significant number experience interference in their daily activities due to excessive sleepiness.

OBSTRUCTIVE *Sleep Apnea*

One of the most common types of sleep related disorders is obstructive sleep apnea (OSA). Obstructive sleep apnea affects up to 4-9% of adult men and 2-4% of adult women.

Obstructive sleep apnea occurs when the muscles at the back of the throat relax too much to allow normal breathing. This results in a narrowing of the airway with either a partial or complete obstruction. Periods of inadequate breathing can last for up to 20 seconds and occur over 30 times an hour. You may experience a choking or gasping sensation, and you may not be aware that your sleep was interrupted.

With persistent interrupted sleep, patients remain sleepy during the daytime. Partners may experience excessive and loud snoring often interrupted by periods of silence where no breathing occurs (apneas).



In obstructive sleep apnea, the airway is blocked by collapsed walls of soft tissue in the throat and neck.

SNORING

Snoring is a well-recognized indicator of obstructive sleep apnea. Often it can be a sign of a potentially serious sleep-related breathing disorder. Be sure to talk to your doctor if you experience loud snoring, especially if it is interrupted by periods of silence.

Risk factors for obstructive sleep apnea include excessive weight, increased neck circumference, a narrowed airway, increasing age, and a family history of OSA. Members of African American, Hispanic or Asian ethnic groups also experience greater risk of OSA.



SIGNS & SYMPTOMS OF *Sleep Apnea*

- excessive daytime sleepiness
- loud snoring
- observed periods of breathing cessation
- abrupt awakenings accompanied by shortness of breath
- awakening with a dry mouth or sore throat
- morning headaches
- frequent urination at night
- difficult to control hypertension
- male erectile dysfunction

IF YOU ANSWER *Yes* TO ANY OF THE QUESTIONS BELOW YOU SHOULD *Consult with your Doctor*

1. Do you Snore?
 Yes No
2. Do you feel tired or fatigued during the day?
 Yes No
3. Do you have high blood pressure?
 Yes No
4. Have you gained weight and find it difficult to lose?
 Yes No
5. Do you awaken from sleep gasping for air or choking?
 Yes No
6. Do you have a headache upon waking in the morning?
 Yes No
7. Do you ever fall asleep while driving?
 Yes No
8. Do you have unexplained awakenings from sleep?
 Yes No
9. Do you notice frequent twitching or jerking of legs while asleep?
 Yes No
10. Do you lack energy upon waking?
 Yes No

WHAT HAPPENS IF *Sleep Apnea* IS UNTREATED?

There will be a possible increased risk for the following:

- Heart Attack
- Stroke
- High Blood Pressure
- Irregular Heart Beats
- Depression
- Headache
- Fatigue-related motor vehicle and work accidents

WHAT ARE THE TREATMENT OPTIONS FOR *Sleep Apnea*

CPAP - Continuous Positive Airway Pressure (CPAP) device is a machine that treats obstructive sleep apnea by providing a flow of positive-pressure air through a mask to splint the airway open during sleep.



A gentle flow of positive pressure goes through a mask which keeps the airway open during sleep. Appropriate CPAP therapy eliminates snoring, improves blood oxygen levels and restores restful and restorative sleep. Your quality of life will increase and the potential for complications of untreated OSA will decrease.