

SLEEP APNEA & OTHER CONDITIONS



**MidHudson
Regional Hospital**

Westchester Medical Center Health Network



MidHudsonRegional.org

The Epworth Sleepiness Scale

How likely are you to fall asleep in the following situations? For each situation, decide and rate whether or not you would have:

No chance of dozing = 0

Slight chance of dozing = 1

Moderate chance of dozing = 2

High chance of dozing = 3

| | | | | |
|---|-------|---|---|---|
| Sitting and reading..... | 0 | 1 | 2 | 3 |
| Watching TV..... | 0 | 1 | 2 | 3 |
| Sitting inactive in a public place (e.g., a theater or a meeting)..... | 0 | 1 | 2 | 3 |
| As a passenger in a car for an hour without a break..... | 0 | 1 | 2 | 3 |
| Lying down to rest in the afternoon when circumstances permit..... | 0 | 1 | 2 | 3 |
| Sitting and talking to someone..... | 0 | 1 | 2 | 3 |
| Sitting quietly after a lunch without alcohol..... | 0 | 1 | 2 | 3 |
| In a car, stopped for a few minutes in traffic..... | 0 | 1 | 2 | 3 |
| Total score: | _____ | | | |

Analyze Your Score

0-7: It is unlikely that you are abnormally sleepy

8-9: You have an average amount of daytime sleepiness

10-15: You may be excessively sleepy depending on the situation, and you may want to consider medical attention

16-24: You are excessively sleepy and should consider seeking medical attention

About

A sleep disorder can be any medical condition that interferes with your ability to sleep restfully on a consistent basis. Obstructive sleep apnea (OSA) is a serious, potentially life-threatening breathing disorder which affects an estimated 20 million Americans. Up to 90% of individuals with sleep apnea go undiagnosed and untreated.

OSA can also play a major role in the development of cardiovascular disease, diabetes and stroke. Researchers are discovering direct correlations between sleep issues and major health risks.

Cardiovascular Disease

Cardiovascular disease is the number one cause of death in the US, killing nearly 900,000 every year. Hypertension, commonly referred to as 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.

Stroke

People with untreated sleep apnea run a 2-3 times greater risk of suffering from certain types of stroke 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. The best defense is to recognize the signs of sleep apnea and discuss them with your doctor.

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 II diabetes develops in many people. The International Diabetes Federation Task Force on Epidemiology and Prevention suggests that approximately 40% of type II diabetics also suffer from sleep apnea. When treating the cause of the hypoxemia through the use of positive airway pressure therapies, many people see a marked improvement in insulin sensitivity.

We're here to help

- In-facility and at-home diagnostic testing
- Treatment for sleep-related breathing disorders
- Efficacy of treatment testing/validation
- Treatment and therapy compliance intervention
- Interpretations and recommendations made by board-certified sleep specialists

If you have sleep apnea or sleep-disordered breathing, or if you have any of the aforementioned conditions, it is highly recommended that you receive the appropriate screening(s). To learn more, contact the MidHudson Regional Sleep Center at **845.431.8214**.



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