

SLEEP APNEA



**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**



Do you snore?



Do you feel excessively sleepy during day?



Are you obese?

Do you have any of the above symptoms?
If yes, then you may be having
'Obstructive Sleep Apnea syndrome' (OSA)

What is Obstructive Sleep Apnea (OSA)?

It is a syndrome characterized by repeated collapse of the upper airway during sleep, causing decreased airflow (Hypopnea) and cessation of airflow (apnea). This results in sleep fragmentation with frequent arousals which causes symptoms such as excessive day-time sleepiness, personality changes and mental deterioration.

What is the treatment for my OSA?

A simple machine called CPAP (Continuous Positive Airway Pressure) is the treatment of choice for OSA. CPAP delivers lightly pressurized air through a small nose mask which helps to keep the upper airway open and prevent apneas.



Why CPAP? Why not only weight reduction?

Weight reduction may help you reducing your symptoms but this is not the complete cure for your OSA. CPAP will results in immediate relief of your symptoms. In some patients it may turn out to be a life-saving measure.

Whom do I need to consult for my OSA?

A pulmologist (chest physician) with sound knowledge of sleep medicine needs to be consuled..

- You need to undergo a simple test called “sleep-study” to detect your OSA.
- A sleep study involves overnight monitoring of your sleep related parameters, oxygen levels with the help of small electrodes.

