

How Common Is Sleep Apnea?

Sleep apnea occurs in up to 20% of the general population. It affects not only the person who suffers from it, but also everyone around them. Most patients suffer needlessly, unaware that the problem even exists, or that treatment options are available. The good news is that once a person is properly diagnosed, sleep apnea can be effectively treated, and quality of life can significantly improve.

Who's at Risk for Sleep Apnea?

Having one or more of the conditions below, increases your risk of having Sleep Apnea.

Condition:	Increased Risk:
Coronary Artery Disease	33%
Atrial Fibrillation	50%
Diabetes	50%
Snoring	50%
Depression	50%
Erectile/Sexual Dysfunction	50%
GERD	60%
Morbid Obesity	70%
Chronic Heart Failure	70%
Stroke	72%
Narcotics	75%
Resistant Hypertension	83%

Why is Sleep Apnea Dangerous?

Sleep Apnea can cause disruptive sleep and as a consequence; headaches, heartburn (Reflux), irritability, depression, fatigue and car accidents. More importantly, it can lead to serious medical complications such as Hypertension, Diabetes, Heart Attack, Heart Failure, Atrial Fibrillation, Stroke, Dementia, and Sudden Death. Untreated Sleep Apnea Can Reduce life expectancy by 5 to 10 years.

Why is Treatment of Sleep Apnea Important?

Effective treatment of Sleep Apnea, i.e. CPAP, can not only improve daytime energy, mood, and memory, but also improve blood pressure (by 10 points), Diabetes (HbA1c by one point), as well as heart function (Ejection Fraction by 10%). Effective treatment of Sleep Apnea with CPAP can reduce mortality and indeed increase your life expectancy by as much as 5 years.

90% Undiagnosed

Despite its seriousness, most patients with sleep apnea remains undiagnosed. To help determine if someone suffers from sleep apnea, experts use a simple 4-question screening tool called:



Screening for Sleep Apnea

S.T.O.P. Questionnaire

Do you **Snore**..... YES NO

No Daytime **Tired?**..... YES NO

Has anybody **Observed** you **holding** your breath during sleep?..... YES NO

Do you have or are you being treated for high blood **Pressure?**..... YES NO

Should you answer **Yes to 2** or more questions above, **you have a high (up to 80%) risk for having Sleep Apnea.** Please discuss it with the Primary Care Doctor or call us directly at Innovative Sleep Centers for a comprehensive evaluation, tests, and management by our Medical Director and Board-Certified Sleep Specialist, Dr. Mehrdad Razavi.



CPAP Desensitization

Provided for patients who have difficulty adjusting to or using CPAP therapy... WE CAN HELP.