

Sleep is a major part of our overall health.

The following brief quiz from the American Academy of Sleep Medicine may provide a clue as to how healthy your sleep is.

Questions

1. I feel sleepy during the day, even when I get a good night's sleep
2. I get very irritable when I can't sleep.
3. I often wake up at night and have trouble falling back to sleep.
4. It usually takes me a long time to fall asleep.
5. I often wake up very early and can't fall back asleep.
6. I usually wake up feeling achy and stiff when I wake up in the morning.
7. I often seem to wake up often because of dreams.
8. I sometimes wake up gasping for breath.
9. My bed partner says my snoring keeps him/her from sleeping.
10. I've fallen asleep driving.

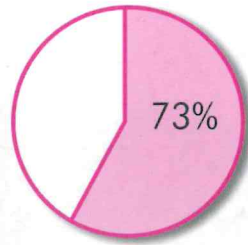
Those who suffer from sleep disordered breathing (SDB) experience breathing difficulty ranging from mild to acute snoring, upper airway resistance syndrome (UARS) and obstructive sleep apnea (OSA).

Snoring

Is always indicative of the development or existence of a sleep breathing disorder.

Upper Airway Resistance Syndrome

Involves labored breathing and a semi-obstructed upper airway. It is common in young women and is often accompanied by headaches, gastroesophageal reflux (GERD) and asthma.



Prevalence of GERD in patients with a sleep disordered breathing problem is estimated at 73%

Vallpour, Arschang MD et al. Symptomatic Gastroesophageal Reflux in subjects with a Breathing sleep disorder. Chest.2002;121:1748-1753



SLEEP APNEA AND AIRWAY MANAGEMENT
One Stop - More Solutions.

The information within this brochure is for educational purposes only, and should not be taken as a definitive or binding medical advice. Because each person is medically different, individuals should see their personal physician for specific information and/or treatment.

Sleep Disordered Breathing in Women



Women at all stages of life
Can be affected

Female SDB

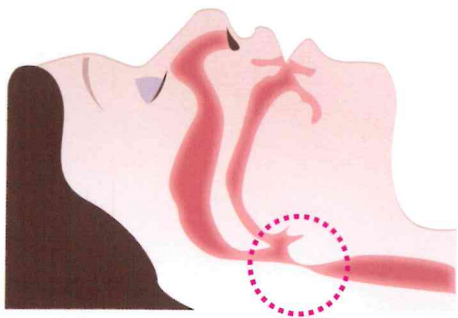
- Do you snore?
- Are you overweight?
- Pregnant?
- Have you been diagnosed with polycystic ovarian syndrome?
- Gastroesophageal reflux?
- Do you have hormone imbalance?
- Are you peri- or postmenopausal?

If you answered yes to any of the questions, you could be one of the millions of women suffering from

Sleep Disordered Breathing (SDB).

What exactly is Sleep Disordered Breathing (SDB)

Labored respiration during sleep caused by nasal or oral airway obstruction upon falling asleep. Just like the rest of the body, the airway should relax during sleep. However, SDB causes the airway to relax too much and the tongue falls back with the soft tissues in the throat, partially or completely cutting off air flow to the lungs, depending on the severity of the SDB problem.



The information in this brochure is for educational purposes only. If you think you may have a problem with sleep disordered breathing, please contact your primary care physician at your earliest convenience for advice concerning the diagnosis and treatment of sleep disordered breathing.

Women in all stages of life can be affected.

Respiratory distress at night, no matter how severe, inflicts a great deal of damage to the cardiovascular, gastrointestinal and metabolic systems, as well as a person's emotional well-being.

Obesity:

Excess fat around the neck and abdomen restricts respiration and leads to SDB. Women who are obese run the risk of developing Diabetes, Cardiovascular Disease and a host of other conditions. SDB exacerbates these risks.



Pregnancy

All pregnant women are at risk to develop changes in their airway that can cause SDB. Even the slightest airway resistance results in the mother's decreased oxygenation at night and adversely affects the growth and development of her baby. Sadly, in some cases, the mother's airway becomes completely obstructed many times throughout the night.

30% of all women snore.

Women who snore habitually deliver developmentally delayed babies 7% of the time.

Women who snore occasionally deliver developmentally delayed babies 2.3% of the time.

Franklin, Karl A., MD, PhD, FCCP, Snoring, Pregnancy-Induced Hypertension and Growth Retardation of the Fetus. Chest. 2000; 17:137-141.

Polycystic Ovarian Syndrome (PCOS):

PCOS causes a women's body to produce too much testosterone, a hormone which dictates the way the body deposits and stores fat. If a woman produces too much testosterone, any weight she gains will be distributed in places specific to males – usually around the neck and on the abdomen. Women are unequipped to handle fat in these areas. This fat weighs down the airway and hinders abdominal rise and fall, causing SDB.

PCOS patients are 30x more likely to suffer from SDB than statistically matched controls.

Polycystic Ovary Syndrome is Associated with Obstructive Sleep Apnea and Daytime Sleepiness: Role of Insulin Resistance* Alexandros, N.V. et al. The Journal of Clinical Endocrinology & Metabolism. 88 (2).

Estrogen/progesterone imbalance or deficiency due to hormone imbalance or menopause:

Menopause causes extreme hormonal changes in a woman's body. The production of estrogen, progesterone and pituitary hormones decreases drastically. Many peri- and postmenopausal women are overweight and unable to lose the weight they gained. Their bodies are no longer producing the hormones that dictate the storage of fat and regulate breathing. SDB is very common in peri and postmenopausal women.

Young, Terri et al. Menopausal Status and Sleep Disordered Breathing (SDB) IN THE Wisconsin Sleep Cohort Study. AJRCCM. 2003; 167: 1181-1185 *AHI: Apnea-Hypnoea Index