

SLEEP APNEA



Lack of quality sleep is a very common occurrence.

Nearly 50 percent of adult men and 25 percent of adult women have snoring troubles. Some people who snore also have obstructive sleep apnea. Over time, this can lead to prolonged fatigue and excessive daytime sleepiness.

Sleep deprivation affects memory and disease resistance, and leaves many struggling to stay alert. Sleep disorders can also create problems for intimacy and personal relationships.

Services offered

- ❖ Sleep disordered breathing
- ❖ Snoring
- ❖ Sleep apnea

Our goal is to help relieve your medical and personal side effects that can result from sleep apnea and other sleeping disorders. To diagnose the cause of your sleeping disorder, we recommend you have an evaluation at the sleep lab.

Patient will be evaluated by the doctor by :

- ❖ Endoscopy
- ❖ Sleep study
- ❖ Radiology (whenever indicated)

Once we have a diagnosis, we create a treatment plan.

Appropriate treatment which would include with medications, sleep surgery and exercises will be advised by the specialists for improvement of the symptoms and improve the quality of life.

Treatment options include:

- ❖ Oral appliance therapy
- ❖ CPAP and BIPAP
- ❖ Upper airway reconstructive surgery
- ❖ Upper airway stimulation therapy

TO MAKE AN APPOINTMENT OR LEARN MORE ABOUT TREATMENT, CALL: _____