

OUR PHILOSOPHY

is to provide **a 1stop** sleep solution



- This would include the visit to our specialized & well-trained team.
- Your evaluation would provide us data to go about the proper & scientific management of the sleep apnea.
- We would determine the most appropriate test for you.
- Following the test, we would determine the appropriate treatment for you, so that we would be successful in preventing the numerous, dreaded complications of sleep apnea.
- By 1 stop sleep solution we mean that if the patient has come for ANY sleep pathology, we would be able to manage it with our well-trained team of specialists.

THE EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times.

Even if you haven't done some of these activities recently, try to imagine how they would affect you. Use the following scale to choose the most appropriate number for each situation

- 0 - would never doze
1 - slight chance of dozing
2 - moderate chance of dozing
3 - high chance of dozing

Situation	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting, inactive in a public place (e.g. a theatre or meeting)	
As a passenger in a car for an hour or more without a break	
Lying down to rest in the afternoon	
Sitting and talking to someone	
Sitting quietly after a lunch (no alcohol)	
Stopped for a few minutes in traffic while driving	
Total	

A score of 10 or more is considered sleepy. A score of 18 or more is very sleepy. If you score 10 or more, you should consider seeing a sleep specialist.



Lilavati Hospital and Research Centre

More than Healthcare, Human Care

NABH Accredited Healthcare Provider

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Are you **Tired or** **Sleepy** All the time?



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INTRODUCTION

Other than eating and breathing, sleeping is the most important source of recovery. Sleep is essential to good health because it refreshes the body and mind. If you snore regularly and experience constant daytime sleepiness, you may have a condition called sleep apnea, which limits the amount of sleep and oxygen you get each night. Sleep apnea is a condition as common as asthma and diabetes.

WHAT IS SLEEP APNEA?

Sleep apnea is a serious condition in which you have one or more pauses in breathing or shallow breaths while you sleep. Breathing pauses can last from a few seconds to minutes and can occur hundreds of times during the night. They often occur 5 to 30 times or more an hour. Typically normal breathing then starts again, sometimes with a loud snort or choking sounds. This results in poor oxygen to the brain and the rest of the body. Sleep apnea often goes undiagnosed. Doctors usually can't detect the condition during routine office visits. There are no blood tests for the condition.

EFFECTS



Sleep apnea can be life-threatening.

Untreated sleep apnea puts you at higher risk for serious health problems.

SIGNS AND SYMPTOMS



Day Time Sleepiness



Frequent Snoring



Irregular Breathing during Sleep



Morning Headache



Depression



Difficulty in Concentrating



High Blood Pressure



Weight Problems

• **High Blood Pressure**



• **Heart Disease**



• **Stroke**



• **Diabetes**



• **Depression**



Treating sleep apnea can improve these conditions in addition to your overall quality of life. Sleep apnea treatment has been shown to reduce blood pressure, improve glucose control and give you more energy.