

TREATMENTS OF SLEEP DISORDERS

There are many treatment options available for those diagnosed with a sleep disorder. Successful treatment can prevent or reverse potential lifethreatening complications and improve quality of life.

The benefits of proper treatment include:

- Improved feeling of well-being
- Improved work performance
- Improved health
- Improved memory
- Decreased risks for heart problems, high blood pressure, and stroke

One of the most highly effective treatments for sleep apnea is continuous positive airway pressure (CPAP) via a mask worn over the nose during sleep. Pressure from an air compressor sends air through the nasal passages and into the airway. This pressure holds the airway open and allows the person to breathe normally.

Oral devices are another option for the treatment of sleep apnea. These are designed to open the airway by bringing the jaw, tongue, and soft palate forward. Surgical procedures may help in removing excess tissue from the throat.

Dangers of an untreated sleep disorder:

- High blood pressure
- Serious heart conditions
- Stroke
- Depression
- Impotence
- Memory loss
- Increased motor vehicle or work accidents



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ABOUT DR. ERIC HERNANDEZ

Dr. Eric Hernandez originally grew up in the Twin Cities and moved out to the East Coast for advanced training. While in Washington DC, he earned his MD as well as a PhD in neuroscience from Georgetown University Medical Center. After graduation, Dr. Hernandez chose to move back to Minnesota to spend more time with family.

He enjoys reading, kayaking/canoeing, fishing, board games, and spending time with his wife and three children.

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SLEEP DISORDERS

testing and treatment

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DO YOU HAVE A SLEEP DISORDER?

The National Sleep Foundation estimates that nearly 40 million Americans suffer from some kind of sleep disorder. If you have problems sleeping, or if you feel tired most days of the week, your healthcare provider may order a sleep study for you.

SIGNS OF A SLEEP DISORDER

- Excessive daytime sleepiness
- Loud snoring
- Irritability at work or home
- Obesity
- Difficulty concentrating
- Awakening suddenly, gasping for air or choking
- Morning headaches
- Falling asleep while driving or working
- Dozing off while watching TV, reading, driving, or other daily activities
- Hypertension
- Depression
- Kicking or twitching movements while asleep
- Restless limb movements

40 MILLION

Nearly 40 million Americans suffer from a chronic sleep problem.

WHAT IS A SLEEP STUDY?

A sleep study can help diagnose sleep disorders such as sleep apnea and sleep-related movement disorder.

OBSTRUCTIVE SLEEP APNEA

Obstructive sleep apnea is the most common type of sleep apnea. Typically occurring in people who snore, sleep apnea results from obstruction of the upper airway, most often at the base of the tongue. Sleep apnea can cause numerous arousals from sleep during the night, resulting in excessive fatigue or sleepiness during the day.

INSOMNIA

Insomnia is defined as short and poor quality sleep that affects your functioning during the day. A variety of psychological and physiological factors can cause insomnia. The disorder may be worsened by consuming alcohol, stimulants such as caffeine or amphetamines, or by certain drugs or medications.

MOVEMENT DISORDERS

Periodic limb movement disorder (PLMD) and restless leg syndrome (RLS) are two common movement disorders. PLMD involves repetitive movements of the arms, legs, or both during sleep. RLS involves an irresistible urge to move and affects people while they are awake.

WHAT TO EXPECT AT YOUR SLEEP STUDY

The sleep study involves spending the night at the Sleep Lab where special monitors are used to observe and record your sleep.

You will sleep in a private room, much like a hotel room. A family member or friend may come along, but cannot stay overnight. Most people do not have trouble sleeping during the study. A mild sleeping pill is available if required.

A sleep study monitors various parameters in your sleep. To do this, the monitors are recording:

- Eye movements, brain waves and muscle activity
- Heart rate
- The level of oxygen in your blood
- Breathing and snoring
- Sudden leg or body movements
- Body position