



SPOTLIGHT

Sleep disorders: Sick and tired of feeling sick and tired

Signs and symptoms of obstructive sleep apnea

- Long pauses in breathing, with or without snoring
- Waking up gasping or choking
- Poor, restless or unsatisfying sleep
- Daytime sleepiness or fatigue, regardless of how long patient has slept at night
- Larger neck sizes (more than 17" in men; 16" in women)
- Frequent nighttime urination
- Moodiness, irritability, anxiety or depression
- Memory loss
- Obesity
- Morning headaches
- Sexual dysfunction
- Upon examination, a crowded airway

Sleep is so much more than the opposite of awake. It's a time of physical rest for the body, especially the heart. It's also a time for the hormones to go through the natural process of production and regulation, which is essential to mediating blood pressure.

In addition, sleep gives the body time to maintain and repair tissues, as well as perform learning and memory maintenance. Lack of sufficient sleep over a period of time can result in a variety of health issues ranging from mild and short-term to chronic and severe.

"Sleep is central to health and happiness," said Yatin J. Patel, MD, MBA. Dr. Patel, a board-certified sleep specialist, is the medical director of Goshen Sleep Disorders Center.

It is estimated that 50 to 70 million Americans suffer from some type of sleep disorder. Yet, most never undergo testing to diagnose or treat the problem. In fact, a recent survey showed that 48 percent of patients said they don't talk about their sleep issues with their primary care physician. Have they simply learned to live with insufficient sleep at night and feeling tired throughout the day? Eventually, if not already, their overall health and quality of life will decline. By addressing the issue of sleep habits and patterns, you can help patients get the treatment they deserve and rest they so desperately need.

Obstructive sleep apnea

At Goshen Sleep Disorders Center, we see those patients for whom there is a high level of suspicion for obstructive sleep apnea (OSA) or some other type of sleep-related breathing disorder.

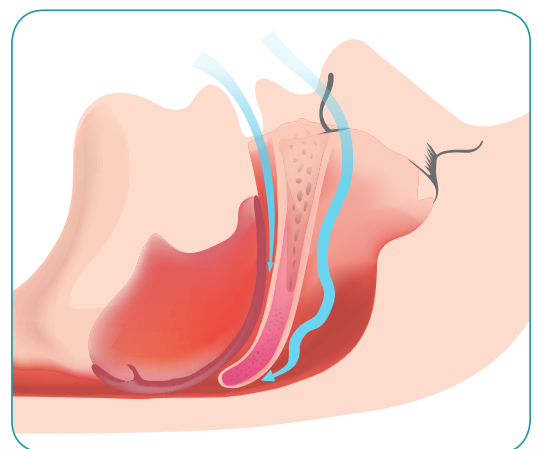
Apnea is the stoppage of effective breathing. There are several causes and types of apnea, but OSA is due to obstruction of airflow for ten or more seconds and is the most common form of apnea. The person is attempting to breathe normally but the tongue falls back and blocks the airway or the soft tissues in the airway partially or completely collapse, blocking the flow of air. This is illustrated in the diagram below.

The brain experiences changes in sleep architecture (stages and patterns of sleep). During longer or more severe periods of apnea, the person may wake up gasping for air, choking or experiencing shortness of breath. These disruptions throughout the night leave a person abnormally tired during the day. But worse than that, OSA causes stress to the heart which affects the entire cardiovascular system.

During the periods of obstruction, hormones are released that increase heart rate and blood pressure. In addition, oxygen levels are depleted without being restored. Naturally, the heart has to work extra hard at a time when it is supposed to be resting. This constant rising and falling of oxygen saturation, heart rate, blood pressure, and disruption of restful sleep results in tissue changes in the cardiovascular system as well as the entire body.

Over time, if OSA goes untreated, the risk for the following health issues significantly increases:

- Cardiac arrhythmias
- Atrial fibrillation
- High blood pressure
- Heart disease and heart attack
- Stroke
- Erectile dysfunction
- Increased insulin resistance and susceptibility to type 2 diabetes, or poorer control for those already diagnosed
- Fatigue and sleep-related accidents (work and vehicle)
- Memory issues
- Poor judgment, moodiness or depression
- Headaches
- Decreased quality of life
- Increased likelihood of weight gain due to disruption of normal hormonal regulation



Collapsed/Blocked Airway



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Solutions through sleep studies

Goshen Sleep Disorders Center is a testing facility for patients referred by their primary care provider or other specialist. During a sleep study, we collect multiple channels of physiological data. We perform a modified EEG and watch the brainwaves. We know if the person is asleep or awake, what stage of sleep they are in, and how they transition in and out of the different stages. We visibly monitor them to see how restless their sleep is. We also monitor their heart rate and rhythm, blood oxygen saturation level, their actual efforts to breathe and the measurements of air flow or lack of air flow.

These studies result in an overall score called an AHI (apnea hypopnea index) that quantifies the number of apneas and episodes of hypopnea that happened on average over a specific length of time. Additional data, such as oxygenation levels and heart function, is also included in the preliminary report. Upon review and interpretation of the findings, Dr. Yatin Patel, our medical director, provides comprehensive treatment recommendations.

In some cases, lifestyle changes can have a positive effect on OSA. For example, weight loss and a decrease in body mass index can lessen the restrictions around the airways. Regular exercise, proper sleep hygiene, and avoidance or management of alcohol, sedatives and hypnotics can all reduce the severity of OSA.

For those patients who suffer from OSA due to factors other than these, there are treatment devices that provide positive airway pressure (PAP) that act as a splint to keep the airway open. CPAP masks and machines are the most commonly used. Some patients can also be treated effectively with an oral appliance fitted by a dentist who has particular training in sleep apnea and the fabrication of the device.

OSA is a serious condition that can lead to a wide range of long-term health problems. It can also be treated quite effectively when identified and addressed.

Goshen Sleep Disorders Center reaccredited by the American Academy of Sleep Medicine

American Academy of Sleep Medicine (AASM) accreditation is the gold standard used by the medical community and the public to evaluate sleep medicine facilities. It recognizes excellence in safety, patient evaluation and care.

“This distinction reaffirms our commitment to the highest quality of care in the diagnosis and treatment of sleep disorders,” said Yatin Patel, MD, Medical Director of the Sleep Disorders Center and board certified sleep specialist. “Our goal is to help patients live longer, healthier lives full of lasting energy.”

Goshen Sleep Disorders Center is the only AASM-accredited sleep center within 25 miles of Goshen. The center has held five-year accreditation by AASM since 2002.

“We want our community to sleep soundly every night. Sleep disorders and obstructive sleep apnea in particular are significant risk factors for heart and vascular disease,” said Ram Khattri Chettri, MBA-HCM, MS, MATS, NP-C, RN, Service Line Administrator of Heart and Vascular Services, Goshen Health. “That’s why it’s so important for people to talk to their primary care providers about any sleep problems they are having.”

The Sleep Disorders Center focuses on comprehensive diagnosis and treatment of sleep disorders, including insomnia, sleep apnea and narcolepsy. The center is also accredited by AASM to provide home sleep apnea testing.

TO REFER A PATIENT

To refer a patient, schedule the patient directly through Patient Access: (574) 364-2400.

Call our medical director’s private practice directly at Yatin J. Patel, MD, (574) 534-9911.

Download referral form, (https://goshenphysicians.org/specialty_services/center_for_sleep_studies/index.php)

Fax all necessary forms directly to the Sleep Disorders Center: (574) 364-2752.