

A man with a beard is sleeping in a bed, wearing a white CPAP mask. He is wearing a white long-sleeved shirt and blue patterned pajama bottoms. His hands are clasped together near his chest. To his right, on a wooden bedside table, is a white Philips CPAP machine with a blue display screen. Below the machine is a book with 'Clarkson' on the cover. A lamp with a grey shade is partially visible on the right. The background is a dark wood headboard.

PHILIPS

Sleep and Respiratory Care

Sleep Apnea Guide

#Wakeupcall

Your snoring can be a sign of Sleep Apnea

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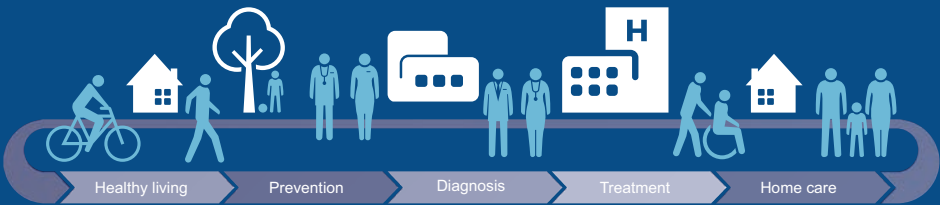
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Message

from the Doctor



Dear Patient,

A normal human being spends 1/3rd of his life sleeping, yet it's surprising that we are not aware of most sleep disorders.

One such sleep disorder- Obstructive Sleep Apnea (OSA) is a serious condition that should be diagnosed and treated early to avoid complications. It is a sleep associated breathing disorder that is characterized by pauses in breathing during sleep. Snoring and apnea (breathing pauses) occur when the upper airway collapses.

A person may be unaware that they have the condition until someone informs them that they snore and gasp while asleep. This cycle can happen many times during the night.

Some of the symptoms of sleep apnea include day time sleepiness, tiredness, poor concentration, irritability, night time snoring, choking/gasping for breath and restless sleep

Untreated sleep apnea may put you at risk for several life-threatening conditions including cardiovascular disease, diabetes, abnormal heart rhythms, high blood pressure and stroke.

Polysomnography can help to diagnose obstructive sleep apnea and adjust positive airway pressure therapy. Don't worry, if you are diagnosed with sleep apnea, you are not alone. Some simple measures can help your condition.

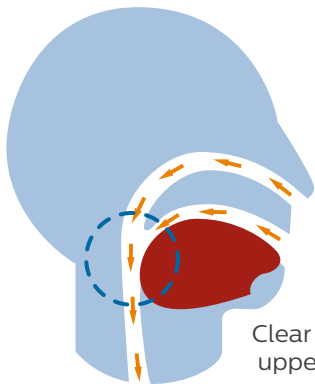
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What is sleep apnea?¹

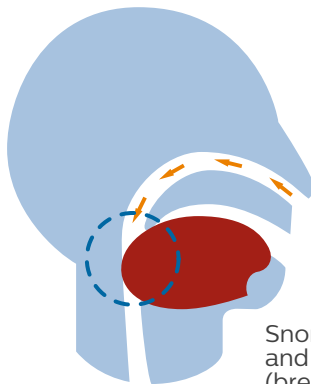
People with sleep apnea stop breathing repeatedly during sleep because their airways collapse, disrupting their sleep. This is often an exhausting experience and can be extremely frightening for their bed partner.

Opened upper airway



Clear and open upper airway allows air to flow freely to and from the lungs.

Closed upper airway



Snoring and apneas (breathing pauses) occur when the upper airway collapses.

1. Source: National Heart, Lung, and Blood Institute, National Institutes of Health.

Common **signs** of sleep apnea¹

Daytime symptoms



Falling asleep during routine activities



Early morning headaches



Daytime sleepiness



Poor concentration



Irritability

Nighttime symptoms



Witnessed pauses in breathing



Loud persistent snoring



Choking or gasping for air



Restless sleep



Frequent visits to the bathroom

People suffering from sleep apnea are often not aware that they have the condition. Identifying that they have one or more of the following symptoms will usually be the trigger for a person to visit their doctor.¹

If you are displaying more than one of these symptoms, shown on the left, please discuss them with your doctor.

Finding out that you may have sleep apnea often leads to a number of questions.

This guide provides information for you to discuss with your doctor.

What are the potential risks of OSA?¹

Untreated, sleep apnea may put you at risk for a number of life-threatening conditions, including:²

- Cardiovascular disease
- Diabetes
- Abnormal heart rhythms
- High blood pressure
- Stroke

Some simple measures can help in treating sleep apnea, such as:¹

- Weight loss
- Avoiding alcohol in the evening
- Sleeping on your side

1. Source: National Heart, Lung, and Blood Institute, National Institutes of Health.

2. Brill, Anne-Kathrin, How to Avoid Interface Problems in Acute Noninvasive Ventilation, Breathe, September 2014, Vol 10, No 3, 231 - 242.

STOP-BANG

Questionnaire

- ☐ **Snoring**
BMI Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?
- ☐ **BMI**
Is your BMI > 35 kg/m2?
- ☐ **Tired**
Do you often feel tired, fatigued or sleepy during daytime?
- ☐ **Age**
Is your age > 50 yrs?
- ☐ **Observed Apnea**
Has anyone observed you stop breathing during your sleep?
- ☐ **Neck Circumference**
Is your neck circumference > 40 cm?
- ☐ **Pressure**
Do you have or are you being treated for high blood pressure?
- ☐ **Gender**
Are you male?

BMI Chart Table

Weight	lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220
Height	in/cmts	45.4	47.6	49.9	52.2	54.4	56.7	59.0	61.2	63.5	65.8	68.0	70.3	72.6	74.8	77.1	79.4	81.6	83.9	86.2	88.5	90.7	93.0	95.3	97.5	99.8
		Underweight					Healthy					Overweight					Extremely Obese									
60	152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
61	154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
62	157.5	18	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
63	160.0	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30	31	32	33	34	35	36	37	38	39	40
64	162.6	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	30	31	32	33	34	35	36	37	38
65	165.1	16	17	18	19	19	20	21	22	23	24	24	25	26	27	28	29	29	30	31	32	33	34	35	36	37
66	167.6	16	17	18	19	20	20	21	22	23	24	24	25	26	27	28	29	29	30	31	32	33	34	35	36	37
67	170.2	15	16	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
68	172.7	15	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
69	175.3	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
70	177.8	14	15	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
71	180.3	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
72	182.9	13	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
73	185.4	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
74	188.0	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
75	190.5	12	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
76	193.0	12	12	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34

STOP BANG Questionnaire is a screening tool for Obstructive Sleep Apnea (OSA). A score of 0-3 indicates low risk of OSA, 4-5 an intermediate risk of OSA and a score of 6-8 indicates a high risk of OSA". We advise persons with a score >3 to visit their nearest Sleep Specialist to get screened and diagnosed for Obstructive Sleep Apnea or Call us on **1-800-258-7678** for a free consultation with our Sleep Educator.

How will you be diagnosed?

The first step is visiting your doctor, who will ask a simple series of questions to determine your risk. If your doctor believes that you may be suffering from sleep apnea, they will refer you to a sleep specialist for more tests.

What happens at the sleep specialist?

Like your doctor, the sleep specialist will ask you a series of simple questions to determine the likelihood of you suffering from sleep apnea. They will also use a number of simple screening devices to establish whether an overnight sleep study is required.

Why does this need to be done overnight?

Your sleep specialist may recommend a polysomnogram (PSG) or a home-based portable monitor.¹ Sleep studies are the most accurate tests for diagnosing sleep apnea.

What happens if I am diagnosed with sleep apnea?

Don't worry, you're not alone. Some simple measures can help treat sleep apnea, including weight loss, avoiding alcohol in the evening and sleeping on your side. Your sleep specialist may also prescribe PAP, which can limit the potential risk of developing more serious conditions.¹



1. Source: National Heart, Lung, and Blood Institute, National Institutes of Health.



What do you need to know about **treatment?**

PAP (Positive airway pressure) therapy is an effective treatment for sleep apnea.



The device

A PAP machine is the most commonly used treatment for sleep apnea. PAP machine provides a continuous stream of air to keep your upper airway open. Tubing is used to carry the air from the therapy device to the mask.



The humidifier

A humidifier can be added to the device to add moisture to the air that is being delivered to you from the therapy device. By doing this, the humidifier can help reduce some of the side effects of therapy, such as nasal irritation and upper airway dryness.



The mask

A comfortable, well fitted mask is a key factor in being able to use your treatment daily. There are a number of different options available to suit differing needs. Once you have found a mask that works for you, it is important to maintain it properly. Inspect your mask often for wear and tear, and when you think it is ready for replacement, contact your sleep specialist.



Therapy follow-up

The most important aspect of your treatment is therapy follow-up. All modern devices have built in data management systems that record how often the device is being used and the effectiveness during this usage. This allows your sleep specialist to better understand the progression of your treatment.

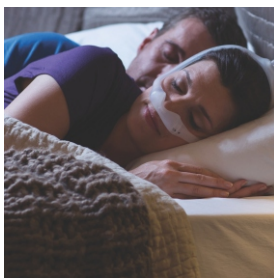
Not all technology **cares** like ours

Each of our masks is designed to help you succeed through a combination of unique features and technologies. We realize it's important that the mask you choose should deliver as normal and natural experience as possible. It's important to choose a CPAP face mask that effectively treats your individual sleep apnea while maximizing your comfort. Here we discuss a variety of mask options.



Pillow masks

A good solution if you feel claustrophobic in masks that cover a lot of your face, or if you have a deviated septum and/or facial hair.



Nasal masks

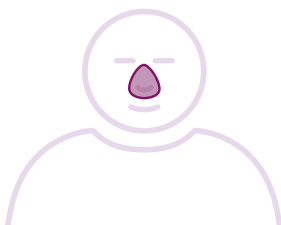
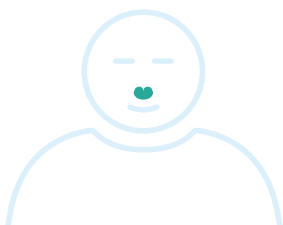
Generally offered as the first option, nasal masks are generally smaller and lighter than full face masks. If higher air pressure is needed, nasal masks could provide better nostril comfort than pillow masks.²



Full face masks

Ideal if you suffer from nasal obstruction or frequent congestion from allergies or cold symptoms. It's also suitable if you continue to breathe through your mouth at night despite trying the combination of a nasal or pillow mask with a heated humidity feature or chin strap.²

2. Brill, Anne-Kathrin, How to Avoid Interface Problems in Acute Noninvasive Ventilation, Breathe, September 2014, Vol 10, No 3, 231 - 242.



Conclusion

Sleep apnea should not be ignored once diagnosed and only after consultation with your physician a proper treatment regimen and a rigorous follow up should be maintained.

With the help of appropriate devices and lifestyle changes the disease can be controlled resulting into improved quality of life and freedom from long-term chronic ailments like High BP and diabetes.



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DreamWisp
Minimal contact nasal mask



Philips DreamWear
Like wearing nothing at all.



Philips DreamGo
Portable PAP Therapy System



Philips DreamMapper
Take charge of your sleep.





For more information, visit our website
www.philips.co.in or book a free session
with sleep educator by calling on toll free
number **1-800-258-7678**

