



What is

OBSTRUCTIVE SLEEP APNEA

Obstructive sleep apnea (OSA) is a condition in which the upper airway collapses frequently throughout the night causing breathing to stop. An "apnea event" may occur as often as 50 to 100 times per hour. As your body struggles to breathe, you may awaken and not even know it. These repeated sleep interruptions make you feel tired during the day. Because apnea prevents air from entering or exiting the lungs, the oxygen level of the blood drops, and the heart has to work harder.

Obstructive sleep apnea can cause serious risks to your heart health. Located at St.Vincent Heart Center of Indiana, the Sleep Center of Indiana provides diagnostic, advanced treatment and expert follow-up care by cardiologists from The Care Group. This group is committed to working together to prevent further damage to the heart as a result of sleep disorders.

If you would like an assessment of your risk for heart disease, ask about scheduling a professional consultation as a follow-up to your sleep study with one of The Care Group cardiologists at St.Vincent Heart Center of Indiana.

SLEEP CENTER OF INDIANA

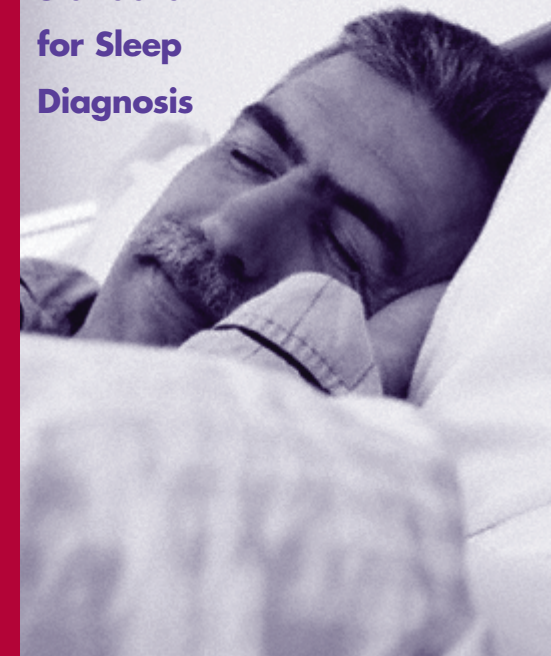
106th & North Meridian
Located at St.Vincent Heart Center of Indiana

To schedule a sleep study appointment:
866.363.7535

10580 N. Meridian Street, 4th Floor
Indianapolis, IN 46290

Polysomnography

The Gold Standard for Sleep Diagnosis



Sleep Disorders can be easy to diagnose. An overnight sleep study is considered the "Gold Standard" to accurately diagnose sleep disorders.

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How Serious is

OBSTRUCTIVE SLEEP APNEA

In addition to affecting your overall quality of life, obstructive sleep apnea can cause serious health risks:

HIGH BLOOD PRESSURE

CARDIAC PROBLEMS

Abnormal heart rhythms, heart attack, and heart failure

STROKE

INCREASED INSULIN RESISTANCE

Even in non-diabetic patients

INCREASED TRAFFIC AND WORKPLACE ACCIDENTS

MEMORY PROBLEMS AND INABILITY TO THINK CORRECTLY

Many things can be done to maintain a healthy heart:

- eat a nutritional diet
- maintain a healthy weight
- exercise regularly
- get regular medical check-ups
- get adequate amounts of sleep

If you already have hypertension or cardiovascular disease talk with your physician about whether or not you may have a sleep disorder.

Why do I need

A SLEEP STUDY

Sleep is not a simple process.

In order to fully understand your sleep, various brain activities and body systems and their relationships will be observed throughout the night. After the study, a sleep specialist will help you and your physician understand your specific sleep patterns and, if necessary, your sleep problems.

An overnight sleep study is called a polysomnogram. It charts your brain waves, heart beat, and breathing as you sleep. It also records your eye and leg movements as well as muscle tension. Sensors are placed on your head, face, chest and legs. They send tiny electrical signals to a computer.

The signals show when you are asleep and awake during the night. The brain-wave and eye-movement detectors show when you are in rapid eye movement (REM) sleep. This is a stage of sleep where your eyes twitch and your brain waves are very active. It is also the stage of sleep when you have most of your dreams.

The breathing monitors show the number of times you stop breathing. They can also detect low air flow and minor changes in oxygen level.

The leg sensors show both minor twitches and major movements that occur during the night.

A clip will also be placed on your finger to note changes in the level of oxygen in your blood. The clip monitors the color of your blood. As blood loses oxygen, it turns from red to blue.

If you have any kind of heart condition, it is especially important to watch for signs that you may have a sleep-related breathing disorder, which could stress your heart.

PREPARING FOR YOUR SLEEP STUDY

You should pack an overnight bag, as you would for an overnight stay at a hotel or a friend's house. Sleep Center of Indiana is a comfortable homelike environment similar to a hotel. You will have a private room and restroom.

On the day of your Sleep Study, please observe the following:

- Do not drink alcohol.
- Do not drink caffeine. If you must drink caffeine, please have only one beverage with caffeine before 11:00 a.m.
- Do not take any naps.
- Try to maintain your regular daytime routine.
- Have clean hair; do not use hair spray or styling gel to insure better quality of your sleep recording.

When packing you will want to include:

- Your own toiletries, pajamas, or very simple sleepwear (T-shirt and shorts).
- If you take maintenance medicine, you must bring your own medication with you. This is an outpatient test so you will have to administer your medication yourself (including insulin).
- You may want to bring along reading material. There is a television in your private room.
- Bring your own pillow if you prefer.
- You may bring a small snack and decaffeinated beverage.

