

The **SOUND SLEEPER**

The quarterly newsletter of the Sleep Apnea Patient Support Group of Central Contra Costa County
~ our 16th year ~

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THE SOUND SLEEPER

The "Sound Sleeper" is the newsletter of the Central Contra Costa County Sleep Apnea Patient Support Group founded in 1994. The name "Sound Sleeper" comes from the euphoric sensation of awaking from a sound night's sleep once Sleep Apnea treatment has commenced. It is available as a .pdf document via e-mail or by "snail-mail." To be placed on the mailing list e-mail "Amy" at: contracostasleepcenter@hotmail.com To offer editorial comment contact Dick Griffiths at: r.b.griff@sbcglobal.net

THE SUPPORT GROUP

The Sleep Apnea support group provides to those diagnosed as having Sleep Apnea, a variety of services in the areas of education and patient support so that the full health benefits of their prescribed individual treatment may be achieved through "compliance" with prescribed treatment. The support group is open to all patients and their families in Central Contra Costa County.

SUPPORT GROUP MEETINGS

There is no membership fee for participation in the Support Group meetings held in the Ball Auditorium, John Muir Medical Center, 1601 Ygnacio Valley Road, Walnut Creek from 7:00 - 8:30 PM on the 3rd Thursday in January, April, July and October. These meetings are sponsored by: the John Muir Medical Center and the Contra Costa Sleep Center.

WHAT IS SLEEP APNEA?

Simply stated, Sleep Apnea is a very common physical disorder that causes some people to frequently cease breathing while sleeping. Sleep Apnea is a very serious health problem if left untreated! It has been estimated that 90% of people who have Sleep Apnea don't know they have it!

YOU COULD SAVE A LIFE!

Do you know someone who you think may have Sleep Apnea? If so, suggest they contact a Respiratory Physician or the American Sleep Apnea Association at: 1424 K Street, NW, Suite 302, Washington, DC 20005 and they will send a packet of information. You may also call them at (202) 293-3650, FAX at (202) 293-3656, or via the internet at: www.sleepapnea.org

ANNUAL VENDOR FAIR SHOWS WHAT'S NEW!

Once again the summer support group meeting was devoted to the annual vendor fair showcasing what's new in CPAP equipment. This year Matt Chirco of Oxygen Plus led the meeting. Three vendors were present this year; ResMed, Philips/Respironics and Fisher & Paykel.

ResMed

Laurie Messerling from ResMed provided information on their award winning new S9 series of CPAP machines, their feather-light Swift FX masks and their new Mirage ConvertAble masks that give a choice of two mask cushions, the long proven Mirage Activa™ LT or Mirage SoftGel, on one frame.



ResMed S9™ CPAP Mchine

The new S9 series CPAP machines offer greater quietness through a new motor which virtually eliminates noise, Intuitive design combines with novel user-friendly control knob (think BMW), climate control which adapts to environmental conditions providing optimal humidity and preventing dreaded rainouts, small diameter air tubes that are the lightest available, a new detection algorithm that differentiates between obstructive and central sleep apneas and responds appropriately, delivers optimal therapy at the lowest necessary pressure. and

compliance management for patients and clinicians alike to monitor therapy. Learn more at: www.resmed.com/us/

Respironics

Doug Lockwood from Philips/Respironics enlightened the group on their "Intelligent Solution" which includes "Flex" CPAP machine technologies and ComfortGel Blue masks.



Respironics System One™

This system provides humidity control and dry-box technologies with resistance control permitting the use of virtually any mask, advanced event detection to measure all of the sleep parameters of Obstructive Sleep Apnea (OSA) as well as detecting symptoms beyond classic OSA, and a sophisticated data and reporting system for compliance management. More information can be found at: www.respironicsleeptherapysystems.respironics.com/

Fisher & Paykel

Rachelle Tracey of Fisher & Paykel Healthcare showed the group their new ZEST Range of nasal masks that fit better, feel lighter and are easier to use. When coupled with their F&P ICON family of CPAP machines offer a wide variety of solutions.

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Ball Auditorium, John Muir Medical Center, Walnut Creek



The Fisher & Paykel ICON™ Auto CPAP machine

The F&P ICON™ AUTO provides: humidity and comfort technology, auto-adjusting pressure for personalized treatment during sleep, and

SensAwake™ Technology for pressure relief during awake states. It even includes; includes a digital clock, alarm and music playing capabilities to enhance patient adaptation to CPAP therapy alarm together with a one-touch navigation knob. You can learn more at: www.fphcare.com/osa.html

As is the normal practice for Support Group meetings, a valuable Question & Answer session concluded the evening hosted by Matt Chirco and ably assisted by Bill Stohl of Timberlake Respiratory Care.



THE PHYSICIAN'S CORNER

by Harry J MacDannald MD

MYTHS AND FACTS ABOUT SLEEP

(from the National Sleep Foundation)

There are many common myths about sleep. We hear them frequently, and may even experience them far too often. Sometimes they can be characterized as "old wives tales," but there are other times the incorrect information can be serious and even dangerous. The National Sleep Foundation has compiled this list of common myths about sleep, and the facts that dispel them.

1. Snoring is a common problem, especially among men, but it isn't harmful. Although snoring may be harmless for most people, it can be a symptom of a life threatening sleep apnea, especially if it is accompanied by severe daytime sleepiness. People with sleep apnea awaken frequently during the night gasping for breath. The breathing pauses reduce blood oxygen levels, can strain the heart and

cardiovascular system, and increase the risk of cardiovascular disease. Snoring on a frequent or regular basis has been directly associated with hypertension. Men and women who snore loudly, especially with pauses in the snoring, should consult a physician

2. You can "cheat" on the amount of sleep you get. Sleep experts say most adults need between seven and nine hours of sleep each night for optimum performance, health and safety. When we don't get adequate sleep, we accumulate a sleep debt that can be difficult to "pay back" if it becomes too big. The resulting sleep deprivation has been linked to health problems such as obesity and high blood pressure, negative mood and behavior, decreased productivity, and safety issues in the home, on the job, and on the road.

3. Turning up the radio, opening the window, or turning on the air conditioner are effective ways to stay awake when driving. These "aids" are ineffective and can be dangerous to the person who is driving while feeling drowsy or sleepy. If you're feeling tired while driving, the best thing to do is to pull off the road in a safe rest area and take a nap for 15-45 minutes. Caffeinated beverages can help overcome drowsiness for a short period of time. However, it takes about 30 minutes before the effects are felt. The best prevention for drowsy driving is a good night's sleep the night before your trip.

4. Teens who fall asleep in class have bad habits and/or are lazy. According to sleep experts, teens need at least 8.5 – 9.25 hours of sleep each night, compared to an average of seven to nine hours each night for most adults. Their internal biological clocks also keep them awake later in the evening and keep them sleeping later in the morning. However, many schools begin classes early in the morning, when a teenager's body wants to be asleep. As a result, many teens come to school too sleepy to learn, through no fault of their own.

5. Insomnia is characterized by difficulty falling asleep. Difficulty falling asleep is only one of the four symptoms generally associated with insomnia. The others include waking up too early and not being able to fall back asleep, frequent awakenings, and waking up feeling unrefreshed. Insomnia can be a symptom of a sleep disorder, a medical or a psychological/psychiatric problem, and can often be treated. When insomnia symptoms occur more than a few times a week it impacts a person's daytime functions.

6. Daytime sleepiness always means a person isn't getting enough sleep. Excessive daytime sleepiness is a condition in which an individual feels very drowsy during the day and has an urge to fall asleep when he/she should be fully alert and awake. The condition, which can occur even after getting enough nighttime sleep, can be a sign of an underlying medical condition or sleep disorder causing poor quality sleep, such as narcolepsy or sleep apnea. Daytime sleepiness can be dangerous and puts a

person at risk for drowsy driving, injury, and illness and can impair mental abilities, emotions, and performance.

7. Health problems such as obesity, diabetes, hypertension, and depression are unrelated to the amount and quality of a person's sleep. Studies have found a relationship between the quantity and quality of one's sleep and many health problems. For example, insufficient sleep affects growth hormone secretion that is linked to obesity; as the amount of hormone secretion decreases, the chance for weight gain increases. Blood pressure usually falls during the sleep cycle, however, interrupted sleep can adversely affect this normal decline, leading to hypertension and cardiovascular problems. Research has also shown that insufficient sleep impairs the body's ability to use insulin, which can lead to the onset of diabetes. More and more scientific studies are showing correlations between poor and insufficient sleep and disease. **8. The older you get, the fewer hours of sleep you need.** Sleep experts recommend a range of seven to nine hours of sleep for the average adult. While sleep patterns change as we age, the amount of sleep we need generally does not. Older people may wake more frequently through the night and may actually get less nighttime sleep, but their sleep need is no less than younger adults. Because they may sleep less during the night, older people tend to sleep more during the day. Naps planned as part of a regular daily routine can be useful in promoting wakefulness after the person awakens.

9. During sleep, your brain rests. The brain rests during sleep, however, the brain remains active, gets "recharged," and still controls many body functions including breathing. When we sleep, we typically drift between two sleep states, REM (rapid eye movement) and non-REM, in 90-minute cycles. Non-REM sleep has four stages with distinct features, ranging from stage one drowsiness, when one can be easily awakened, to "deep sleep" stages three and four, when awakenings are more difficult and where the most positive and restorative effects of sleep occur. However, even in the deepest non-REM sleep, our minds can still process information. REM sleep is an active sleep where dreams occur, breathing and heart rate increase and become irregular, muscles relax and eyes move back and forth under the eyelids. **10. If you wake up in the middle of the night, it is best to lie in bed, count sheep, or toss and turn until you eventually fall back asleep.** Waking up in the middle of the night and not being able to go back to sleep is a symptom of insomnia. Relaxing imagery or thoughts may help to induce sleep more than counting sheep, which some research suggests may be more distracting than relaxing. Whichever technique is used, most experts agree that if you do not fall back asleep within 15-20 minutes, you should get out of bed, go to another room and engage in a relaxing activity such as listening to music or reading. Return to bed when you feel sleepy. Avoid watching the clock.

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