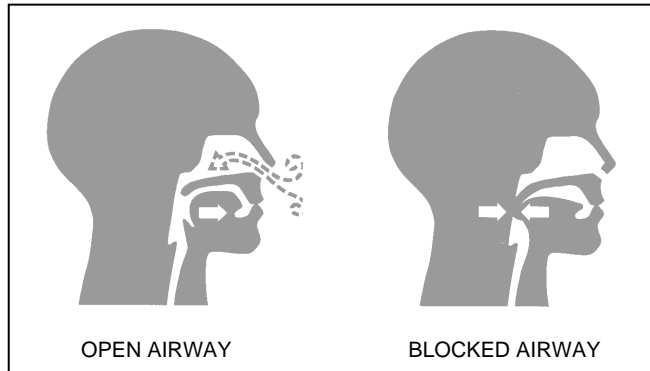




## SLEEP APNEA FUNDAMENTALS

### WHAT IS SLEEP APNEA?

Serious sleep problem that causes people to stop breathing during sleep, usually because the air passage collapses.



### WHAT ARE THE MOST COMMON WARNING SIGNS OF SLEEP APNEA?

- BREATHING PAUSES DURING SLEEP
- SNORING MOST NIGHTS
- SLEEPINESS DURING THE DAY

### HOW DO I KNOW IF I HAVE SLEEP APNEA?

To find out if you have sleep apnea you will need an overnight sleep study.

### WHAT CAN HAPPEN IF SLEEP APNEA ISN'T TREATED?

**Serious problems**, like high blood pressure, heart attack, stroke and auto accidents can happen if sleep apnea is not treated.

### WHAT ARE THE TREATMENTS FOR SLEEP APNEA?

The sleep study will tell us the best treatment for you. But, most people with sleep apnea are treated with C.P.A.P. (pronounced “see-pap”).

### WHAT IS C.P.A.P.?



To use C.P.A.P., a mask is worn over the nose. The mask is connected to a machine that opens up the air passages by delivering air under pressure.

You will need to wear C.P.A.P. whenever you go to sleep. Most people do well using CPAP, and feel much better during the day after wearing CPAP at night.

For more information about Sleep Apnea contact the University of Virginia Sleep Disorders Center at 434-982-0406.