



I'm often tired and I snore. Does that mean I have OSA?

Physicians often use the **STOP-BANG** questions listed below to identify patients who are likely to have Obstructive Sleep Apnea (OSA).

STOP

Do you **Snore** loudly?
Are you **Tired** during the day?
Are you **Overweight**?

Do you have high blood **Pressure**?

BANG

Is your **Body** Mass Index (BMI) above 35?

Is your **Age** over 50?

Is your **Neck** circumference above
16 inches (female) or
17 inches (male)?

Is your **Gender** male?

Answering "Yes" to three or more of the above eight questions is highly suggestive of OSA.

OSA is a common disease and is undiagnosed in up to 75% of cases. Prevalence is roughly 9% in women and 24% in men. Approximately 6 million Americans suffer from sleep apnea.

Prima CARE is a special place that fosters a partnership between the medical staff and the patient. It's a place where doctors are free to care... where constantly updated technology and testing procedures are the norm.

Prima CARE provides patients with the best practices in sleep lab technology and testing. Our sleep center is accredited by The American Academy of Sleep Medicine, so you can be assured of the consistent quality and accuracy of our testing.

In addition, the process is simplified for our patients because we can perform the sleep study and provide the necessary therapy.

SLEEP CENTER SERVICES

Sleep Medicine Consultation
by Board-certified Sleep Specialists

Comprehensive In-center Sleep Testing
(including advanced ASV testing)

Home Sleep Testing

Prima CARE Sleep Disorders Center

(508) 675-7090

67 Slade's Ferry Boulevard
Somerset, MA 02726

prima-care.com

Look for the Sleep Disorders Center under Services.

Licensed by the Massachusetts Department of Public Health
and ACR accredited.

Prima CARE
by your side

**Sleep
Disorders
Center**

*A key factor for
good health is a
good night's sleep.*





If you're chronically tired, snore loudly and/or stop breathing during sleep, a good night's sleep may be only a test away!

WHAT IS OBSTRUCTIVE SLEEP APNEA?

Obstructive sleep apnea (OSA) is repetitive paused-breathing during sleep. The pauses are caused by obstructions – such as extra tissue in the airway, a large tongue or decreased muscle tone – that cause the airway to temporarily collapse. Apnea is several-to-many seconds long and sometimes occurs up to 30 times or more an hour, resulting in fragmented sleep and repeated lowering of the blood oxygen level.

WHAT ARE THE CONSEQUENCES OF OSA?

Sleep apnea most commonly causes excessive fatigue and often creates a loud snoring reflex. It also is associated with and may aggravate serious health conditions, including hypertension, diabetes, obesity, cardiac arrhythmia, stroke and heart attack.

HOW CAN I SCHEDULE AN APPOINTMENT?

Simply call your Prima CARE physician or the Prima CARE Sleep Center at (508) 675-7090.



WHAT KIND OF TEST IS USED TO DIAGNOSE OBSTRUCTIVE SLEEP APNEA?

Testing is simple and painless. A sleep study may be performed in our Sleep Center, or a similar study may be performed at home after a sleep technologist demonstrates the equipment to you in our Sleep Center. For home testing, you will take the equipment home after a sleep technologist demonstrates its use to you at the sleep center. During an overnight stay in your private room at Prima CARE's Sleep Disorders Center, you will have a brief wind-down period followed by a sleep test. You may bring a book or music to enjoy during the wind-down period. Afterwards, small sensors placed on your head, neck, face and legs will measure and record your body's functions. These include snoring, eye movements, breathing, muscle tension, oxygen levels in the blood, brainwave activity, airflow and leg movements.

Results are usually communicated to your health care provider within two weeks. If he or she determines that you have OSA and therapy would be beneficial, a second sleep study may be scheduled.

WHAT IS THE OSA THERAPY?

Your physician will determine the best therapy, based on your sleep study. In some cases, your physician may recommend a surgical procedure or an oral appliance made by a dentist. However, the most common therapy for obstructive sleep apnea is a Continuous Positive Airway Pressure (CPAP, pronounced "see-pap") device.

A CPAP device maintains a gentle flow of positive air pressure through a comfortably cushioned mask to keep the airway open during sleep, generally stopping the snoring and restoring restful sleep.

HOW DOES THE CPAP DEVICE WORK?

You place the device on a bedside table. The equipment contains a heated humidifier that you regulate to minimize dryness of the mouth and nasal passages. The airflow starts at a low level and increases automatically to the prescribed setting as you fall asleep. The positive air pressure keeps your air passages open. Your breathing becomes regular. The snoring usually stops. And you have a good night's sleep!

More importantly, benefits such as improvement of co-existing cardiovascular and metabolic conditions may be provided by regular, long-term use. We want to ensure that you obtain the full benefits of CPAP therapy. Our therapy providers are trained to help you with any questions.



WILL MY INSURANCE COVER THE COST OF THE SLEEP STUDY?

You should have your insurance ID card available when you schedule your sleep study. Most insurance plans cover the cost, but our sleep diagnostic center can provide you with options to ensure you receive the care you need.

