

Treatments

Moderate weight reduction
Avoid alcohol
Improve nasal patency
Avoids sleeping on your back
Dental appliances
Increase exercise
Continuous Positive Airway Pressure (CPAP), providing a gentle flow of air through a nasal mask to keep the airway open during sleep

With CPAP:

Breathing becomes regular
Snoring stops
Blood oxygen levels normalise
Restful sleep is restored
Quality of life is improved
Risk of high blood pressure, heart disease, heart attack and stroke is reduced
Risk of vehicle or work accidents is reduced

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Sleep Apnoea



What is Sleep Apnoea?

Sleep Apnoea occurs when a person stops breathing whilst sleeping. Their airways collapse and air stops getting into their lungs, resulting in oxygen starvation of the brain

Symptoms

- Obesity
- Snoring
- Daytime sleepiness or
- Restless night's sleep
- Morning headaches
- High blood pressure
- Sexual dysfunction
- Irritability
- Depression

How many people have Sleep Apnoea?

Adults:

2 to 4 percent of adults suffer from Sleep Apnoea

4 percent of pre-menopausal women

9 percent of post-menopausal women.*

Children:

10 to 14 percent of children snore.

Of these, 20 to 30 percent suffer from Sleep Apnoea.*

*These figures are conclusive of the research of Dr. Teng, Director of Sleep Medicine Unit at the Royal Children's Hospital

Sleep Apnoea –

What causes the collapse of the airways?

Extra tissue in the back of the throat (eg: tonsils)

Decreased muscle tone allowing the airways to close

Obstruction of the nasal passages

Some abnormality of the jaw and facial structure, such as a receding chin

Untreated Sleep Apnoea can cause:

High blood pressure

Heart disease

Heart attack

Stroke

Fatigue, motor vehicle and work related accidents

Decrease in quality of life

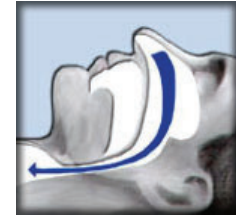
Sleep Apnoea can also cause:

Apnoea induced drivers' fatigue

Australian studies have shown that up to 30% of vehicle accidents are sleep apnoea related.

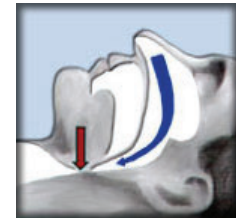
Restless Legs Syndrome

Restless Legs Syndrome Restless legs syndrome (RLS) is an unusual condition of the nervous system, characterised by the compelling need to move the legs and usually experienced when trying to sleep. The strange sensation in the calves has been described as a type of cramp, soreness or a creeping, crawling feeling.



Normal Breathing

Airway is open
Air flows freely to lungs



Obstructive Sleep Apnoea

Airway collapses
Blocked air flow



CPAP Therapy

Airway splinted open
Air flows freely to lungs