

At KD Hospital we have an exclusive Sleep laboratory with dedicated doctors, staff, technicians. Our latest Philips Alice 6 LDx diagnostic sleep system powered by the latest Sleepware G3 sleep diagnostic software with integrated RIP driver, 7 ECG channels, up to 500 Hz recording, and “keyhole” inputs reducing the number of connections during hook up.

How is sleep apnoea treated?

- ▶ Weight loss can help if you are overweight
- ▶ Adjust sleep position (stay off the back)
- ▶ Avoid alcohol and other sleep inducing medicine
- ▶ Continuous positive airway pressure (CPAP) machine - most effective as it keeps airway open while sleeping
- ▶ Oral appliance or mandibular advancement device - helps keep airway open while you sleep
- ▶ Surgery - rarely needed to keep airway open

Is sleep apnoea dangerous?

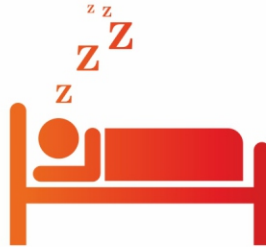
Sleep apnoea can be dangerous as people with sleep apnoea do not get good-quality sleep, so they are often tired and not alert. This puts them at risk for car accidents and other types of accidents. Moreover, such people are more likely than others to have high blood pressure, heart attacks, and other serious heart problems. So people with severe sleep apnoea, should get treatment (for example, with a CPAP machine) for prevention of these problems.

How to prepare for a sleep study?

- On the day of your sleep study, you should:
- ▶ Take all of your regular medicines, unless your doctor tells you not to.
- ▶ Avoid drinking alcohol, coffee, tea, sodas, and other drinks that have caffeine in the afternoon and evening.

Our Facilities

- ▶ Pulmonary Function Tests (MS PFT Pro)
- ▶ Spirometry (for children and adults)
- ▶ Bedside spirometry
- ▶ Portable spirometry for occupational health services
- ▶ Maximum ventilation volume (MVV), slow vital capacity (SVC), and forced vital capacity (FVC)
- ▶ Lung volume and subdivisions: Total lung capacity (TLC), respiratory volume (RV), and functional residual capacity (FRC)
- ▶ Single breath diffusion capacity of lungs for carbon monoxide and helium (DLCO-He)
- ▶ Allergy testing
- ▶ Sleep laboratory
- ▶ Smoking cessation program
- ▶ Pulmonary rehabilitation program



Book an Appointment
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KD Hospital

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PULMONOLOGY
Sleep Apnoea

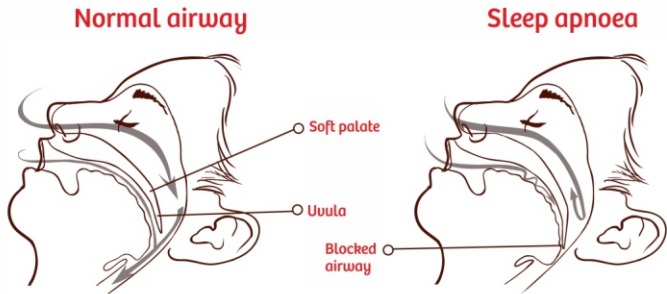
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What is sleep apnoea?

Sleep apnoea is a potentially serious sleep disorder in which the person stops breathing for short periods during sleep. People with sleep apnoea do not know that they stop breathing when they are asleep but they may sometimes wake up startled or gasping for breath. They are also often told by close ones that they snore.



Is sleep apnoea always due to some obstruction?

When people talk about sleep apnoea, they are usually referring to obstructive sleep apnoea. However, there are different types of sleep apnoea.

- ▶ **Obstructive sleep apnoea (OSA):** More common form that occurs when you stop breathing because your throat narrows or closes
- ▶ **Central sleep apnoea (CSA):** Occurs when brain doesn't send proper signals to the muscles that control breathing
- ▶ **Complex sleep apnoea syndrome/ Treatment-emergent central sleep apnoea :** Occurs when someone has both obstructive sleep apnoea and central sleep apnoea

What factors expose you at risk for sleep apnoea?

Though anyone may get affected, certain factors increase your risk. These include:

- ▶ Excess weight with fat deposits around upper airway
- ▶ Larger neck circumference (greater than 17 inches in men or 16 inches in women)
- ▶ Narrow upper airway (difficulty seeing the throat because of large tongue)
- ▶ Males
- ▶ Females post menopause
- ▶ Age above 40 years
- ▶ Family history of sleep apnoea
- ▶ Smoking
- ▶ Nasal congestion
- ▶ Heart disorders (heart failure, heart attacks, irregular heartbeats)
- ▶ High blood pressure (resistant to treatment)
- ▶ Gastroesophageal reflux disease (GERD)
- ▶ Stroke
- ▶ Use of alcohol
- ▶ Medications (sedatives, tranquilizers, opioids, narcotics)

How will you recognize if you or someone else is having sleep apnoea?

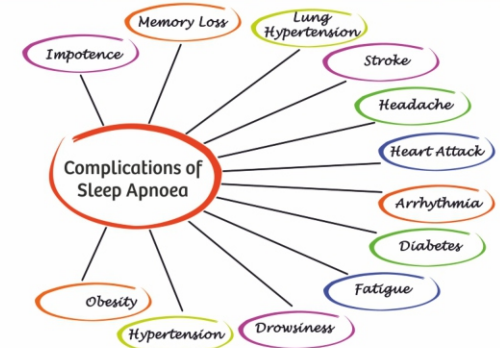
- ▶ Complaint of restless sleep and snoring
- ▶ Waking up choking, gasping, or smothering
- ▶ Long episodes of pauses in breathing during sleep
- ▶ Waking up often to urinate
- ▶ Morning headache, dry mouth, sore throat
- ▶ Difficulty in concentration while awake
- ▶ Excessive daytime sleepiness (hypersomnia)
- ▶ Feeling unrested and irritable when awake
- ▶ Low energy, trouble thinking clearly, or remembering things

Can sleep apnoea be prevented?

- ▶ Lose weight (if you are overweight)
- ▶ Stay off your back when sleeping and prefer sleeping on your side (special pillows may help)

- ▶ Avoid alcohol and smoking as it can worsen the condition

Does sleep apnoea lead to other complications?



Is there any test to confirm sleep apnoea?

Overnight sleep testing, sleep study, or Polysomnography (PSG) is done to confirm sleep apnoea.



During PSG, the specialized technician places a series of electrodes on the surface of the skin and bands on other areas. The person is provided a room to sleep (sleep lab) for one night and the signals from the electrodes are monitored. Sensors are also placed on the legs and an oxygen sensor is attached to the finger.



Alice 6 Ldx diagnostic sleep system