

SLEEP APNEA



Sleep Apnoea is a disorder characterised by the cessation or pause in breathing for more than 10 seconds during sleep. Each pause in breathing takes 10-20 seconds or more, and may occur 20-30 times or more within an hour.

Sleep Apnoea often results in feelings of fatigue and excessive daytime sleepiness. Untreated sleep apnoea can increase the chances of high blood pressure, diabetes, driving accidents and even heart attacks & strokes. The individual may not even be able to concentrate at work.

Treat your Sleep Apnea today and enjoy the rest of your life.

BND
850

Package Details **Sleep Study***

* Excluding Specialist Consultation, medication, or other consumables for flexible endoscopy

What causes Sleep Apnoea?

Normally, the throat muscles keep our airways open whether we are awake or asleep, for the air to enter the lungs to supply oxygen, and to remove carbon dioxide from the lungs for release into the atmosphere. This process and mechanism is vital to maintain our health and life.

In patients with Obstructive Sleep Apnoea, the throat muscles relax more than usual. As a result, this makes it much harder than normal to keep the airways open. Incidentally, Sleep Apnoea occurs more often in people who are overweight, but then, even thin people can suffer from it.

Central Sleep Apnoea is a rare type of sleep disorder that occurs when the area in the brain that controls breathing does not send the correct signals to the muscles responsible for breathing.

Do I have Sleep Disorder?

- Common sleep apnoea symptoms include:
- Waking up with a very sore and/or dry throat
- Loud snoring
- Occasionally waking up with a choking or gasping sensation
- Sleepiness or lack of energy during the day
- Sleepiness while driving
- Morning headaches
- Restless sleep
- Forgetfulness, mood changes, and a decreased interest in sex
- Recurrent awakenings

Am I at Risk for Sleep Apnoea?

Sleep apnoea can affect anyone at any age, even children. Risk factors for sleep apnoea include:

- Male gender
- Being overweight
- Being over the age of forty
- Having a large neck size (17 inches or greater in men and 16 inches or greater in women)
- Having large tonsils, a large tongue, or a small jaw bone
- Having a family history of sleep apnoea
- Nasal obstruction due to a deviated septum, allergies, or sinus problems.

What Are the Effects of Sleep Apnoea?

If left untreated, sleep apnoea can result in a growing number of health problems including:

- High blood pressure
- Stroke
- Heart failure, irregular heartbeats, and heart attacks
- Diabetes
- Depression
- Worsening of ADHD

In addition, untreated sleep apnoea may be responsible for poor performance in everyday activities, such as at work and school, motor vehicle crashes, as well academic underachievement in children and adolescents.

Sleep Study

The most commonly performed test for sleep disorders is 'sleep study', which is also known as **all-night** Polysomnogram. This is often conducted in an appropriately-equipped laboratory of the sleep medicine centre of a hospital.

Sleep study is painless. You will go to sleep as usual in a comfortable, quiet and cosy private room. The staff at the sleep centre will then monitor your sleep throughout the night.

- The Polysomnogram records the following:
 - snoring
 - leg movement
 - brain activity
 - eye movements
 - breathing and heart rate
 - the amount of air movements in-and-out of your lungs
 - the percentage of oxygen in your blood.

Thereafter, the sleep medicine specialist will review the results of the tests with you and your family, to develop a treatment plan.

Management of Sleep Disorders

The aim of the treatment is to restore the normal and regular sleep time breathing and also to treat medical problems, such as high blood pressure, diabetes & obesity, as well as to reduce the risk of heart attacks & strokes, associated with sleep disorders.

Changes in habits or activities

People with mild sleep apnoea will generally benefit from appropriate changes to their lifestyles:

- Avoid alcohol, smoking and sleep-inducing medicines
- Weight reduction
- Sleeping on either side

Possible Surgeries

Surgeries of upper airway: Septal Surgery, Tonsillectomy and Uvulopalato Pharyngoplasty are appropriate in indicated cases. It is very useful in indicated cases when flexible endoscopy combined with sleep study suggest obstruction at appropriate level that needs surgery

Continuous Positive Airway Pressure (CPAP)

This is the most common treatment for sleep apnoea. The CPAP machine is a small portable device which delivers air at the correct pressure level for you through a face mask. This positive airway pressure keeps the airway open, and hence, will help prevent sleep apnoea. This machine is available at sleep centres, and guidance on its proper usage will be provided by the sleep technician.

For inquiries & appointments, please contact Outpatient Department at +673 261 1433 ext. 2270/2239.

**OUTPATIENT DEPARTMENT
CLINIC HOURS**

Mondays to Fridays 8:00am - 5:00pm

Saturdays 8:00am - 12:00noon

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