

Feeling Great!

Leading-edge testing ~ Patient-centered care

Sleep Medical Centers

Durham, Burlington, Jacksonville

Second Breath


Oxygen, CPAP/BiPAP, Nebulizers

Ph: 919-477-1588 or 866-499-1588

Fax: 919-477-1688 or 866-499-1288

Website: www.FeelingGreatSleepCenter.com

* Screening Questions for Sleep Apnea = Prevent a Serious Medical Condition *

| | | |
|--|---------------|---|
|  | <p>Yes No</p> | <p>I snore often, loudly, and stop breathing at night.</p> <ul style="list-style-type: none"> • This critical problem may be sleep apnea which causes oxygen to decrease and places stress on vital organs – especially the heart / lungs / kidneys. • Stroke, heart attack, and diabetes may result if sleep apnea is not corrected. • Sleep Apnea is an epidemic unknowingly affecting tens of millions. |
|  | <p>Yes No</p> | <p>I wake up with nighttime heartburn or burning in my throat.</p> <ul style="list-style-type: none"> • Nighttime acid reflux and regurgitation is aggravated by untreated sleep apnea. |
|  | <p>Yes No</p> | <p>I have headaches or pain when I awaken in the morning.</p> <ul style="list-style-type: none"> • Decreased oxygen due to sleep apnea could be the cause of morning headaches. • Frequent awakenings due to sleep apnea may result in muscle pain or aggravation of fibromyalgia, arthritis, and chronic fatigue syndrome. |
|  | <p>Yes No</p> | <p>I am sleepy and fatigued during the day.</p> <ul style="list-style-type: none"> • Untreated sleep apnea causes sleep deprivation resulting in excessive daytime sleepiness, fatigue, less energy and depression. Some medications, sleeping pills, narcotics could worsen sleep apnea and result in death. • Prior to surgery everyone should be screened for sleep apnea. Treatment improves outcome and recovery. |
|  | <p>Yes No</p> | <p>I am overweight and / or have problems with my diabetes.</p> <ul style="list-style-type: none"> • CPAP treatment reduces blood glucose levels and improves insulin sensitivity. • Sleep deprivation causes fluid retention and metabolic changes that interfere with weight reduction and increase cravings for salts and sweets. • Large, short neck, unusual jaw position may cause sleep apnea. |
|  | <p>Yes No</p> | <p>I am irritable, anxious, and stressed out.</p> <ul style="list-style-type: none"> • Depression and stress may be the result of sleep loss and increased cortisol levels. • Impotence and decrease in sex drive may improve once CPAP treatment starts. |
|  | <p>Yes No</p> | <p>It is difficult for me to concentrate during the day.</p> <ul style="list-style-type: none"> • Children and adults may exhibit poor concentration at school or work due to sleep loss. Enlarged tonsils or crowded airway may cause sleep apnea. • Attention Deficit Disorder is affected by sleep loss due to untreated sleep apnea. |
|  | <p>Yes No</p> | <p>I wake up frequently at night.</p> <ul style="list-style-type: none"> • Untreated sleep apnea may cause an individual to wake up hundred or more times during the night. This results in frequent urination, bedwetting, sleep loss, night sweats, and over-eating. |
|  | <p>Yes No</p> | <p>It is difficult for me to stay awake when I am driving.</p> <ul style="list-style-type: none"> • People with sleep apnea are 6 times more likely to have a car crash. • Treating all U.S. drivers suffering from sleep apnea would save billions in collision costs and save thousands of lives annually. Screening for all commercial drivers. |
|  | <p>Yes No</p> | <p>My high blood pressure is difficult to control.</p> <ul style="list-style-type: none"> • Heart rhythm problems are noted in 50% - 75% of sleep apnea patients. • 30% - 80% of patients with hypertension have sleep apnea. • CPAP treatment improves daytime blood pressure and heart rate. • Someone with untreated Sleep Apnea is up to 4 times more likely to have a stroke and 3 times more likely to be a candidate for heart disease. • Sleep Apnea is one of the most deadly undiagnosed diseases in the world. |

Scores of 2 or greater indicate a need for further assessment and/or a sleep study. Leading-edge testing & patient centered care to diagnose & treat sleep apnea are offered at *Feeling Great!* Sleep Medical Center. Copyright Pending ©