

Do you have these symptoms?

Daytime

- Sleepiness or lack of energy
- Morning headache
- Memory loss
- Altered mood, irritability
- Depression
- Excessive fatigue
- Psychomotor retardation

Night time

- Snoring
- Respiratory arrest perceived by the partner
- Frequent awakenings
- Choking sensation
- Night sweats
- Need to urinate several times
- Libido disorders

What are the consequences if my OSA is not treated?

- High blood pressure
- Angina
- Irregular heart rhythms
- Heart disease
- Myocardial infarction
- Stroke
- Diabetes

Are you at risk?

Talk to a health professional.

Take a few minutes and do the Epworth Sleep test

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? Take a few minutes and do the Epworth Sleep test by surrounding the most appropriate number for each situation.

- 0 = no chance of dozing
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Situation

Sitting and reading

Score

0-1-2-3

Watching television

0-1-2-3

Sitting inactive in a public place (e.g a theater or a meeting)

0-1-2-3

As a passenger in a car for an hour without a break.

0-1-2-3

Lying down to rest in the afternoon when circumstances permit

0-1-2-3

Sitting and speaking with someone

0-1-2-3

Sitting quietly after a lunch without alcohol

0-1-2-3

In a car, while stopped for a few minutes in traffic

0-1-2-3

TOTAL : _____

0- 8: Daytime sleepiness is not a problem for you.

9-14: You have a sleep deficit, you should review your life habits.

If the total is greater than 15: You show signs of excessive daytime sleepiness. Consult your doctor to determine if you are suffering from a sleep disorder.

NB: This questionnaire helps to measure your general level of sleepiness, it does not establish a diagnosis. We encourage you to bring the results of this test to your doctor in order to discuss the causes and the consequences of this situation in your life.



Groupe Relève Santé

Your sleep quality,
our priority!

Snoring
Sleepiness
Fatigue

Have you ever
thought about
sleep apnea?



450-286-1896

What is sleep apnea?



The syndrome of Obstructive Sleep Apnea (OSA) affects an estimated 20 % of the population, which represents approximately one in five adults. This group is often compared to the people suffering from asthma, high blood pressure and diabetes of type 2. Unfortunately, 8 out of 10 apneic people are unaware of their condition. Are you one of them?

What happens if I have OSA?

Sleep apnea is defined as being the most common respiratory disorder. It is characterized by a complete or partial obstruction of the upper airway during your sleep. Breathing pauses can last from 10 to 30 seconds, sometimes more. This can result in several awakenings during the night, depriving you of a restful sleep. Long breathing pauses in your sleep can put your life in danger and most people do not know that the best witness is often the partner. This is a serious health problem that can be easily detectable and treatable. Talk to your doctor!

What are the risk factors?

- Being older
- Being overweight
- Being a man
- Morphology of the face
- Large neck circumference
- Respiratory allergies
- Enlarged tonsils
- Use of alcohol and drugs
- Family history

How is OSA diagnosed?

To establish a diagnosis of sleep apnea, you should consult your doctor. He may give you a prescription to get a sleep apnea test called polysomnography or respiratory polygraphy sleep. At Groupe Relève Santé we offer you the opportunity to take the test in the comfort of your home during a single night with a portable device suitable for home recording. Within six working days of your test, we guarantee the interpretation of the results along with recommendations by a doctor according to the standards of the American Academy of Sleep Medicine (AASM). Our specially trained therapist will inform you on how to use the device at home in a human and professional manner. Your doctor will be kept informed of the results at all time.

How OSA can be treated?

The Continuous Positive Airway Pressure (CPAP) remains the treatment of choice for OSA. The air pressure generated by the device through a tube and mask keeps the upper airway open during your deep sleep. This airway pressure can effectively control your snoring, hypopnea and apnea and promotes a restful sleep. In order to have the right level of treatment pressure for programming your device, we will need a CPAP titration test recommended by most doctors. This test is performed over 3 nights, always at home, with the device that will allow us to optimize your treatment.

Our respiratory therapist will guide you through the process of the best therapy for sleep apnea that suits you. Because your sleep quality is our priority!

What are the benefits of the CPAP therapy?

With the CPAP therapy you will notice that :

- Snoring disappears
- Sleep is restful
- Quality of life is Improved
- Risk of heart disease, work or road accident is greatly reduced
- Energy is renewed

Please note that less common treatments such as surgery or the use of mandibular advancement orthoses may still prove effective for some patients.

We hope that this document has been helpful. Do not hesitate to contact one of our respiratory therapists for more information and advice.



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