

Continuous Positive Airway Pressure
(CPAP) Services for Sleep Apnea

Sleep Better

The most common sleep disorder affecting Canadians is **Obstructive Sleep Apnea**. This brochure has been designed to provide you with information about this potentially serious condition and the ways that Shoppers Home Health Care® can help.

If you think that you or someone you love may suffer from sleep apnea, speak to your doctor. The diagnosis can be confirmed in a sleep laboratory, and Shoppers Home Health Care will help you take the next steps to improve your health while living with sleep apnea.

Your Shoppers Home Health Care Representative:



Sleep Better
Health Care Solutions for
Sleep Apnea

CPAP Services are available at select stores
Call 1 800 SHOPPERs for a location near you

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HomeHealthCare®

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Helping you

Sleep is a basic necessity of life that we usually take for granted. Those six to eight hours of rest every night allow our bodies to heal and be refreshed, ready to tackle the challenges each new day will bring.

An occasional restless night is not unusual, and most people probably know how it can affect their mood and performance the next day. In some cases however, a poor night's sleep could be a result of a more serious sleep disorder, and these 'occasional' nights can become the norm. If a potential sleep disorder is allowed to continue untreated, it can take a serious toll on our health, safety, relationships and jobs.



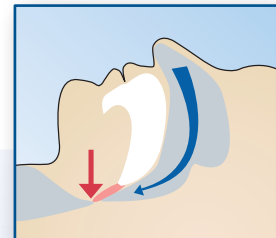
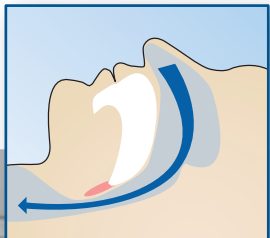
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What Causes Sleep Apnea?

With **Obstructive Sleep Apnea (OSA)**, your airway becomes partially blocked during sleep, causing an interruption in your breathing - also known as an *apnea*. There are a number of possible reasons for this:

- While sleeping, the soft tissue at the back of the throat collapses and closes.
- Throat muscles which normally hold the airway open lose muscle tone or relax during sleep.
- Your tonsils, tongue or uvula can become enlarged.
- The tongue can fall back into the airway.
- A narrow airway.
- Nasal obstruction.



A normal, open airway during sleep

A blocked airway can cause an apnea



How do I know if I have Sleep Apnea?

With today's fast-paced lifestyles and high-pressure jobs, it can often be difficult to diagnose if someone has a sleep disorder or if other, more mundane factors are affecting their sleep.

One of the most common symptoms associated with OSA is loud snoring, but it is important to remember that not everyone who snores is affected by sleep apnea.

If you or your partner displays three or more of the following symptoms, your doctor will be able to help you determine whether or not you may be suffering from OSA:

- Excessive daytime sleepiness, unexplained by other factors.
- Loud, disruptive snoring.
- Nighttime choking, gasping or snorting.
- Nighttime pauses in breathing.
- Frequent, recurring waking up during the night.
- Waking up unrefreshed.
- Daytime fatigue, poor concentration.
- Morning headaches.
- Nighttime chest pains.
- Frequent trips to the bathroom at night or bed-wetting.
- Memory difficulties.
- Depression.
- Irritability.
- Sexual dysfunction.

Sleep Apnea and Your Health

Untreated, sleep apnea can have a larger impact on your health than just excessive tiredness. In all of the following common conditions, OSA has been linked as a contributing factor

High Blood Pressure

Also known as hypertension, OSA is a common, though less well-known cause of high blood pressure. Many people with hypertension are also found to have sleep apnea. If you take 3 or more medications for your blood pressure, there is a particularly high chance that you may also have OSA.

Congestive Heart Failure (CHF)

A disease which weakens the heart muscle until it can't pump sufficient blood to meet the body's oxygen demands, CHF is a leading cause of cardiac arrest. It affects approximately 1% of adults in Canada, and many are also found to suffer from OSA.

Stroke

Significant numbers of patients who have had a stroke also have sleep apnea.

Diabetes

Sleep apnea increases your chances of developing insulin resistance, which can lead to Type 2 diabetes. A high proportion of people with Type 2 diabetes also have sleep apnea.



How We Can Help

There are a number of treatment options available, but by far the most effective and common treatment for sleep apnea is a **CPAP** machine (**C**ontinuous **P**ositive **A**irway **P**ressure), available from select Shoppers Home Health Care locations.

A CPAP machine delivers a continuous stream of compressed air while you sleep, usually via a nasal mask. The continuous air-flow keeps the airway open, preventing or reducing apneas and allowing you to sleep normally again. As an added bonus, CPAP therapy eliminates snoring, allowing both you and your partner to get a good night's sleep.

CPAP can be highly effective, providing a noticeable improvement in quality of sleep, sometimes after just one night's use. While the masks may look bulky and uncomfortable, our professional staff are experienced at introducing people to CPAP therapy, and will help find the system that is right for you.

