



Optimizing Chronic  
Disease Management

## For Easy Reference

SleepWell Program  
655-8555

SleepWell Nurse Educator  
655-8555

S.A.I.L. Program  
655-2505

Lung Association of Saskatchewan  
343-9511

Dec.18/09



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## SleepWell Program

Your Pathway  
to a Better Quality of Sleep



Sleep Disorders Center  
Saskatoon City Hospital—6100  
701 Queen Street  
Saskatoon, Sask. S7K 0M7  
655-8555

## About Us

The SleepWell program is offered to adults with suspected Obstructive Sleep Apnea (OSA) that reside in Saskatchewan who can apply testing equipment at home.

Health Care Professionals will provide in-home testing, education, and treatment of OSA or provide recommendations to the physician (Respirologist) that referred you to us. The team includes:

- Sleep Medicine Physician
- Polysomnography (PSG) Technologist
- Sleep Nurse Educator

## Service/Schedule

You will come to an appointment with a PSG technologist to pick up the in-home monitor. This monitor will detect if you have obstructive sleep apnea. The PSG technologist will teach you how to apply and use the monitor. You will use this monitor for one night at home and return it the next morning by 10:00 a.m..

The PSG technologist will download the data from the unit and a Sleep Medicine Physician will read the data. If the data is positive for OSA, the physician will have you booked for an Auto Continuous Positive Airway Pressure (AutoCPAP) study with a Nurse Educator.

**Note: If this test is negative for OSA, this does not exclude OSA. A letter will be sent to your Respirologist to inform him/her of the result. Your respirologist may want you to have further testing.**

**Q: Who can help me learn more about obstructive sleep apnea?**

A: A Nurse Educator is available to talk with you about your concerns/questions as you adjust to living with obstructive sleep apnea.

**Q: Are there resources in the community that can help?**

A: The Lung Association has information on Sleep Apnea.

Call 343-9511 or go to [www.lung.ca/sleepapnea/](http://www.lung.ca/sleepapnea/) to obtain the information.

Canadian Sleep Society: [www.css.to/about/index.htm](http://www.css.to/about/index.htm)

American Sleep Apnea Association: [www.sleepapnea.org](http://www.sleepapnea.org)

**Q: What can I expect for follow-up care?**

- For education, questions, support, and follow-up contact your Nurse Educator at 655-8555.
- You will need to have preventative maintenance performed on your machine every 5 years with the S.A.I.L. Program, call 655-2505, Extension 1 to book an appointment.
- For all other inquiries, (i.e. machine repairs or to speak with a SAIL representative) call SAIL at 655-2505, extension 2.

**Q: Will I need special equipment to go with the CPAP machine and will there be a cost to me?**

**A:** You will need to purchase a mask, tubing, and perhaps a humidifier. If you have an insurance policy, these supplies may be claimed on most insurance policies. Your mask, tubing, and humidifier can be purchased at any of the home oxygen companies.



You will be contacted by appointment letter to have an AutoCPAP study done for one week in your home. The Nurse Educator will teach you about OSA and how untreated OSA affects your health, OSA treatment and benefits of treatment, how to use the AutoCPAP machine, and discuss mask options with you. The AutoCPAP machine monitors the Continuous Positive Airway Pressure (CPAP) needed. A mask will be worn over your nose and/or mouth to deliver compressed room air to hold your airway open. This gentle pressure will allow you to have a normal breathing and sleep pattern at night, providing you with a better quality of sleep.

You will be responsible to purchase your own mask from a home oxygen company for this study. Some companies have a demo program.

The next week you will return for an appointment with a Nurse Educator. The Nurse Educator will review your in-home monitor test results and discuss your AutoCPAP study result with you. A Sleep Medicine Physician will read this study and prescribe CPAP treatment or provide recommendations to your Respiriologist.

#### **If CPAP treatment is prescribed**

The CPAP unit is provided through a government program, Saskatchewan Aids to Independent Living (S.A.I.L.) – Respiratory Benefits Program

You will need to purchase a mask with headgear, tubing, and potentially a heated humidifier from a home oxygen company.

Upon completion of this program, a Sleep Medicine Physician will send a letter to your Respiriologist and family physician to update them on your progress through this program.

## Frequently Asked Questions

**Q: What is obstructive sleep apnea?**

**A:** Obstructive sleep apnea occurs when a person stops breathing repeatedly during sleep. This is due to the airway collapsing and preventing air from entering into the lungs.

**Q: What causes the airway to collapse during sleep?**

**A:** Soft tissue surrounding the airway collapses causing a narrowing of the airway. Often the tongue will fall back onto the airway causing the airway to close off.

**Q: How is obstructive sleep apnea diagnosed?**

**A:** Obstructive sleep apnea is diagnosed by using an in-home monitor unit (i.e. embletta) or overnight polysomnography (PSG) in the sleep lab. The embletta unit monitors breathing, oxygen levels, heart rate, and body position. This is a one night test that you hook up at home.

**Q: What is AutoCPAP?**

**A:** AutoCPAP is a type of CPAP device which automatically determines the best CPAP pressure. This unit will help the physician determine the appropriate pressure setting to treat your obstructive sleep apnea.

**Q: What happens if sleep apnea is left untreated?**

**A:** If left untreated, sleep apnea increases the risk for other health problems such as:

- ↑ risk of heart problems
- ↑ risk of stroke
- ↑ risk for high blood pressure
- ↑ risk for motor vehicle accidents and accidents at work
- ↓ quality of life

**Q: What is the treatment for obstructive sleep apnea?**

**A:** Continuous Positive Airway Pressure (CPAP) is a highly effective therapy to manage your sleep apnea. A mask is worn over your nose and/or mouth while you sleep. Pressure from your CPAP machine forces air through the nasal passage and into your throat. The gentle pressure holds the throat open and allows for normal sleep and breathing.