



For Easy Reference:

Sleep Respiratory Nurse Educator  
655-0809

SAIL Program (RUH)  
655-2505

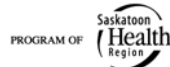
Sleep Disorders Centre (SCH)  
655-8555

Lung Association of Saskatchewan  
343-9511



## Taking Your First Steps To A Better Sleep

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



## Notes:



The following information will be helpful to you now that you have been diagnosed with **SLEEP APNEA**. **Following your diagnosis you will need to book an appointment (306-655-2505 Ext 1) with the Sleep Apnea Nurse and the SAIL Program. If you already have your CPAP machine, please contact the nurse educator for education and support at 655-8555.**

You may have many questions as you learn to adjust to living with Sleep Apnea. The following answers may be helpful.

**Q: What is Obstructive Sleep Apnea?**

**A:** Sleep apnea is when a person stops breathing repeatedly during sleep. This is due to the airway collapsing and preventing air from entering 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:** The best test for Sleep Apnea is an overnight sleep study (polysomnography). This includes an overnight stay at the sleep center where you will be monitored while you sleep. Your doctor may request other tests. A home monitoring device may be ordered by your doctor. Overnight oximetry (oxygen testing) may be used to detect changes in oxygen levels at night. Another home monitoring device called Embletta or Start Dust may be prescribed by the respirologist. This device monitors breathing effort, breathing flow, oxygen levels, heart rate and body position. This testing is available through the Home Care Provider Companies at the request of your respirologist.





**Q: What happens if Obstructive 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. The CPAP machine is provided through a Government program. One program is the Saskatchewan Aids to Independent Living (SAIL) Program. Most Saskatchewan residents qualify for a SAIL machine. You can contact the SAIL office at RUH to obtain your machine.

**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 oxygen companies.



**Q: Who can help me learn more about Sleep Apnea?**

**A:** A Nurse Educator is available to talk with you about your concerns/questions as you adjust to living with 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?**

**A:** - You will need to have your machine maintained (tune-up) every 5 years with the SAIL program, call 655-8555 Ext 3 to book an appointment.  
- For all other inquiries (ie machine needs repairs or to speak with a SAIL representative) call SAIL at 655-2505 extension 2.  
- For education, support and follow-up questions, contact the Nurse Educator at 655-8555

