



## How well are you sleeping?

Approximately 70 million people in the United States suffer from sleep problems, and more than half have a chronic sleep disorder. There are more than 80 types of sleep disorders, which means it's important to get a proper diagnosis with individual treatment.

### Common Symptoms

- Having trouble staying awake during the day
- Difficulty falling or staying asleep
- Making loud snoring or snorting sounds when you sleep
- Waking up during the night feeling that you are choking or gasping for air
- Waking up in the morning not feeling refreshed
- Waking up with headaches
- Frequent trips to the bathroom during the night

### Sleep Facts

- 60% of adults who snore have obstructive sleep apnea
- Over half of those over the age of 65 experience disturbed sleep
- 75% of adults with obstructive sleep apnea are successfully diagnosed and treated



## Sleep Apnea

Millions of people snore. Snoring is a warning sign that the airway is narrow. If the airway is only slightly narrowed, the snoring may just be a nuisance. If the airway becomes very narrow, or completely obstructed, it can be serious. An obstructed airway can cause a cessation of breathing during sleep. This is called sleep apnea.

- More than 18 million people suffer from sleep apnea
- Over 50% of all sleep apnea cases are diagnosed in people age 40 and over
- Sleep apnea is more common in people who are over weight, but can also be found in people of normal weight
- 30% of men and 10% of women suffer from sleep apnea
- Obstructive sleep apnea is the leading cause of hypertension, atrial fibrillation and arrhythmia. It does dramatically increase the risk of stroke and heart attack.

## Insomnia

Insomnia is the most common sleep disorder. It is the inability to initiate or maintain sleep. Insomnia can affect your waking hours as well as your sleeping hours. **35% of Americans suffer from insomnia.**

## Narcolepsy

Narcolepsy can be defined as excessive drowsiness during the day with a tendency to sleep at inappropriate times. Narcolepsy can have a serious impact on a person's life. If narcolepsy is not appropriately diagnosed and managed, it can be disabling.

## Restless Leg Syndrome

### and Periodic Limb Movement

Unpleasant sensations in the legs described as creeping, crawling, tingling or pulling are common symptoms in Restless Leg Syndrome (RLS). In some cases with RLS, Periodic Limb Movement Disorder (PLMD) is present, where involuntary jerking or bending leg movements during sleep can inhibit restful sleep at night and cause difficulty falling asleep, which can lead to chronic sleep deprivation.

## Sleep Disorders in Children

Toddlers to adolescents can also suffer from sleep disorders, including apnea, insomnia and parasomnias. Parasomnias are unusual behaviors during sleep such as sleepwalking, bedwetting and night terrors. The symptoms of childhood sleep disorders can be entirely different from adults.

### Sleep Disorders can be associated with other medical conditions

- Hypertension
- Morbid Obesity
- Congestive Heart Failure
- Diabetes