

Why Use Vantage® Sleep Services . . .

- Sleep Screening available.
- Easy Referral Process
- Maintaining comfort level for your patients
- Tailored to Meet Your Specific Needs

Hospital Sleep Labs

- ✓ Studies performed 5 nights a week
- ✓ Studies done at 5 locations
- ✓ Registered sleep techs

*Achieving a Higher Level
of Excellence!*



Vantage® Sleep Diagnostic Services

(877) 256-4904

Fax: (866)303-9031

maggiea@vhcn.com

www.vantagehealthcare.com

SLEEP01 04-10

Vantage® Sleep Diagnostic Services



*Dedicated to the
Diagnosis and
Treatment of
Sleep Disorders*



What is Sleep Apnea?

Sleep Apnea is a medical disorder that causes a person to stop breathing for periods of time during sleep.

The Risks of Sleep Apnea

- High Blood Pressure
- Cardiac Artery Disease
- Motor Vehicle Accidents
- Heart Attack
- Stroke
- Fatigue
- Decreased Quality of Life



The Benefits of Treatment

- Lower Blood Pressure
- Decreased Risk of Heart attack or Stroke
- More Energy and Attentiveness
- Increased Effectiveness at Work or at home
- Improve Your Overall Quality of Life



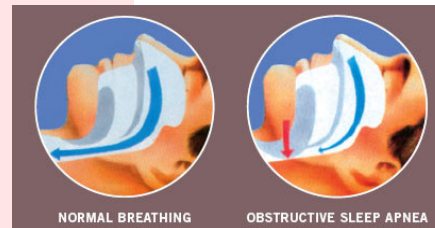
Treatment for Sleep Apnea

Positive Airway Pressure or PAP, is the treatment of choice.



PAP therapy uses a mask to provide a gentle air flow of pressure through the nose. The gentle air flow prevents airway collapse, allowing you to breath easily while you sleep.

PAP therapy is a noninvasive therapy and can alleviate sleep apnea symptoms when used as prescribed.



Alternative Treatments

- Bi-level PAP (with BiPAP® machine) may be prescribed for severe cases of sleep apnea.
- Auto-PAP (auto-adjusting CPAP or BiPAP) adjusts the pressure as you sleep according to what you need.
- Surgery
- Body position modification
- Oral appliances

Is it Sleep Apnea?

The Warning Signs . . .

Do you snore heavily?

Do you have high blood pressure?

Are you irritable?

Do you have acid reflux disease?

Do you wake up with a headache or sore throat?

Do you notice a decrease in your sex drive?

Do you fall asleep at inappropriate times?

Has your partner observed you not breathing while you sleep?

Is it Sleep Apnea ?

If you answered 2 or more of the above questions, you may be at risk for sleep apnea.

