

## *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**

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*Dedicated to the  
Diagnosis and  
Treatment of  
Sleep Disorders*

*Vantage® Sleep Diagnostic Services*



## 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



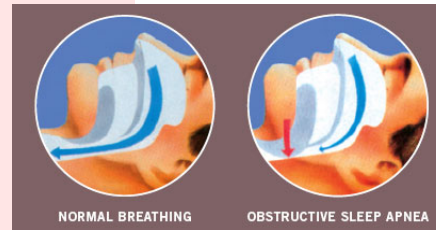
## Treatment for Sleep Apnea

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 breathe 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.**

