

Sleep Apnea **JUST** THE **FACTS!**

F During a Sleep Study the Following Parameters are Measured:

A

✓ Electrical Activity of the Brain

C

✓ Eye Movement

✓ Muscle Activity

T

✓ Heart Rate

✓ Breathing

S

✓ Air Flow Through the Nose and Mouth

✓ Blood Oxygen Levels

Clinical Indicators:

Complaints of ...

- Excessive Daytime Sleepiness
- Large Neck Size
- High Blood Pressure
- Obesity
- Restless Sleep or Insomnia
- Gasping or Choking during Sleep
- Snoring, Interrupted by Pauses in Breathing
- Morning Headaches
- Depression
- Physiologic Airway Obstruction:
(Large Tonsils, Deviated Septum,
Nasal Obstruction)
- Severely Recessed Chin



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