

The Whitney Wire

The Quarterly Newsletter From Your Friends at Whitney Sleep Diagnostics & Consultants (WSDC)

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Poor Sleep Tied To Weight Gain

Source USA Today

Scientists have found that sleep deprivation increases levels of a hunger hormone and decreases levels of a hormone that makes you feel full. The effects may lead to overeating and weight gain.

It could explain why so many Americans who are chronically sleep-deprived also are overweight. And it could be part of the reason sleepy college students, new parents and shift workers pack on pounds.

Researchers say getting enough shut-eye might be a critical component of weight control. And nutritionists one day might routinely advise dieters to "sleep it off" as well as to cut calories and increase exercise.

Ghrelin is an appetite-stimulating hormone released mostly by the stomach. When ghrelin levels are up, people feel hungry. On the other hand, leptin, considered a satiety or fullness hormone, is released by the fat cells and tells the brain about the current energy balance of the body.

When leptin levels are high, that sends a message to the brain that the body has enough food, and the person feels full. Low levels indicate starvation and increase appetite. The hormones have been called the yin and yang of hunger. One is the accelerator for eating (ghrelin), and the other is the brake (leptin). This can explain why people who are sleep deprived often struggle to lose weight.

Sleep Fact:

It is estimated that 70 million Americans have a sleep disorder

Sleep Fact:

Untreated Sleep Apnea has been linked to the following health disorders:

Hypertension

Stroke

Coronary Artery Disease

Diabetes

Pulmonary

Hypertension

Atrial Fibrillation

Congestive Heart Failure

Cardiac Arrhythmia

Atherosclerosis

Myocardial Infarction

And More

A Message From Dr. Whitney

By Dr. Courtney Whitney, Board Certified Sleep Physician, Owner, Medical Director WSDC

The impact of sleep disorders is too great to ignore. At Whitney Sleep we are available to analyze and optimize your sleep quality by obtaining a comprehensive sleep history and, when necessary, an overnight sleep study. With this information we are able to help with such common disorders as Obstructive Sleep Apnea, Insomnia, Restless Leg Syndrome, and Narcolepsy. Those individuals who are having a difficult time initiating or maintaining sleep and/ or find themselves sleepy during the day should ask why. Getting 8 hours of good sleep a night reduces your risk for Obesity, Heart Disease, Diabetes and many other disorders. When we are well rested, we are happier, sharper and safer. Let us know if we can assist you in improving your sleep and your health.

What Would Indicate That You May Have a Sleep Disorder?

Yes No

Do you snore?

Are you excessively tired during the day?

Have you been told you stop breathing during sleep?

Do you have a history of Hypertension?

Is your neck size > 17 inches (male) or > 16 inches (female)?

Do you wake up to use the bathroom more than twice a night?

Have you ever fallen asleep while driving?

Answering "yes" to two (or more) of these questions may be a positive screen for Obstructive Sleep Apnea. Patient should consider talking with their Health Care Provider about a referral for a sleep evaluation.

Should You Have a Sleep Study Done?

By Jim Dunn, WSDC Director of Business Development

“Anyone who is having trouble getting to sleep, staying asleep or not waking up refreshed after 7.5-8.5 hours of sleep should take steps to find out why.”

Dr Courtney Whitney

If I had a nickel for each time over the last 20 years I’ve been told by my wife that I need to roll over in bed because I’m snoring,Well, I’d have a LOT of nickels.

Ultimately, in the spring of 2008, it was my turkey hunting buddies who convinced me I had a problem. The tight quarters of a hunting shack are no place for a loud snorer. In the morning, I learned that nobody got a good night’s sleep, and was treated to everyone’s rendition of how I sounded when I slept. It was awful.

I finally decided to address the issue and had a sleep study done. I learned that I stopped breathing 21 times an hour. I got the chance to see myself sleep in my follow up appointment—not pretty. I was diagnosed with Obstructive Sleep Apnea and began using a CPAP machine. My only regret is that I waited so long to do something about my sleep. With CPAP therapy, I can honestly say that I sleep better than ever and feel great throughout the day. My wife and hunting buddies are also happy, because they are sleeping better as well.

Most people either know, knew, or are someone who would benefit from having a sleep study done. With all of the associated health risks linked to sleep apnea, and knowing that your Hospital offers a great sleep program, it makes a lot of sense to talk with your Physician. Taking care of sleep apnea can be a real benefit to the snorer and everyone that cares about that person

CPAP Talk

By Susan Gunwall, LPN, WSDC Clinical Coordinator and Director of Operations

CPAP (Continuous Positive Airway Pressure) is, at present, the most effective treatment for obstructive sleep apnea. It is, however, only a treatment and has no benefit if it is not used. Current research estimates that the compliance rate for CPAP is approximately 60%. One reason for this may be that CPAP users often experience disagreeable side effects and simply stop using CPAP. Many of these side effects can easily be addressed if a health professional is made aware of the problem or if the CPAP user is educated about ways to manage these problems. In addition to diagnosing sleep apnea, WSDC can also work with you on your CPAP therapy.

Mask discomfort usually arises because either the patient adjusts the headgear too tight or because the mask does not fit properly. A CPAP mask should fit the face snugly to avoid air leaks, but not so tight that it feels uncomfortable or causes pain. *If a mask has to be pulled tightly to prevent leaks the mask does not fit properly!* Contact WSDC or your medical equipment provider and let them know your mask may not fit well, you may require a new seal or the option of an alternative mask. There are a number of CPAP mask options and not every nose can wear every mask. Do not let anyone tell you that a sore on your nose is to be expected!

If you have gone through the process of being diagnosed with sleep apnea, do yourself a favor and keep working until you find a mask that works. The health benefits of quality sleep are well worth the effort.

“A poorly fitting CPAP mask can be the difference between knowing you have Sleep Apnea and actually doing something about it.”

*Susan Gunwall
LPN*

Sleep Fact:

A person with untreated Sleep Apnea is 10 times more likely to be involved in an auto accident

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About Whitney Sleep Diagnostics & Consultants

Created by Dr. Courtney Whitney of the Whitney Sleep Center in Plymouth, MN, Whitney Sleep Diagnostics & Consultants (WSDC) serves the sleep medicine needs of Hospitals in less populated areas.

Hospitals that partner with WSDC, are able to offer a high quality, AASM accredited sleep medicine program to its Patients right at their home Hospital. WSDC diagnoses and treats all 84 known sleep disorders. If you are a Patient reading this in a waiting room—your Hospital partners with WSDC.

Patients who feel they may have a sleep disorder are encouraged to talk to their Physician about their symptoms. A simple one page screening form can often help determine the need for an overnight sleep study.

Partnering Hospitals will soon provide quarterly CPAP clinic, where CPAP users can bring their equipment in to be inspected for any air leaks and obtain replacement CPAP accessories as needed.