

## Headaches and Sleep

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### Even The Pros Need Help With Sleep

By Jim Dunn, Director of Business Development, Whitney Sleep Diagnostics & Consultants

Minnesota Viking Wide Receiver Percy Harvin was recently diagnosed with Obstructive Sleep Apnea (OSA). As a casual Minnesota Vikings fan, I cannot say that this diagnosis came as a surprise to me. You see, since Harvin became a Viking, he has missed several practices and one game--because of migraine headaches. Some of the finest sports physicians in the world tried to solve Harvin's migraines, but it was something discovered while hospitalized after collapsing during a practice that pointed to his sleep. Doctors noticed that Harvin's heart rate was irregular during sleep to the point where it actually would stop beating for seconds at a time. Irregular heart rate is common with sleep disordered breathing, and is a serious indication that a person may have sleep apnea. Since being diagnosed with OSA, Harvin has been using CPAP therapy, and has been taken off his migraine medication.

Earlier in this article I mentioned that Harvin's diagnosis was not a surprise. I said that because up until a year ago, my wife had been a long time migraine sufferer—seeing specialist after specialist over the years to find the right treatment plan. After working with Dr Whitney, he determined that her mild sleep apnea could be the reason for her headaches. Sure enough, after going on CPAP therapy, her migraines have subsided to the point where it is very rare for her have any headaches at all. Many of us know someone who has suffered chronic headaches (maybe it is you). If so, please answer the questions at the bottom of this page and talk with your doctor about your answers to see if an undiagnosed sleep disorder could be standing between you and relief from headaches.

### A Message From Dr. Whitney

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

When I started practicing sleep medicine, it was evident to me that addressing a patient's obstructive sleep apnea (OSA) would have a significant impact on that patient's overall health profile. I knew that I would see improvements in sleep quality and reduction in daytime sleepiness. The literature told me I would also see improvements in heart health and a reduction in heart-related health problems. But at first, I had no idea that this would impact patients who suffer from headaches. Percy Harvin's recent treatment for OSA promises to help the Minnesota Vikings and also to increase the awareness of how headaches and sleep apnea are linked. It will be exciting to see if this facilitates a more comprehensive evaluation of patients with headaches. It's been my experience that headaches improve or resolve with the treatment of sleep apnea. I am uncertain why headaches and sleep apnea are linked, but I hope this article and information on celebrities such as Harvin will help with the diagnosis and treatment of OSA. I encourage physicians and patients to seek screening and evaluation for OSA if headaches are a concern. In the event that sleep-disordered breathing is not felt to be at play but some uncertainty remains, an overnight oximetry is a reasonable and inexpensive screening tool. In those with a history suggestive of sleep-disordered breathing, an overnight sleep study is warranted. If you have chronic headaches, be sure to discuss your sleep with your doctor or consider contacting us for an overnight oximetry.

### Do you Think You Might 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.

### Sleep Fact:

*You or someone you care about can be diagnosed and treated for any of the 84 known sleep disorders at your local hospital*

## The Whitney Wire

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

### Deer Camp—An Often Overlooked Sleep Apnea Screening Tool

You might be surprised how many patients come to us after hunting season. Sure, their spouse and family have told them they snore and stop breathing when they sleep. Sure, they may feel tired during the day and nod off at the drop of a hat. No matter what the symptoms are—they are displayed loud (no pun intended) and clear in the close confines of a hunting shack. If you are the offending snorer that kept your fellow hunters from getting good sleep—you will very likely hear about it the next morning, and afternoon, and evening. Instead of dealing with the ridicule another year, you can do something about it. Tell your doctor that you stop breathing when you sleep. You may be referred for a sleep study that can determine how your snoring is affecting your overall health, and keep you around for many more deer camps.

### CPAP Talk By Susan Gunwall, LPN, WSDC Clinical Coordinator and Director of Operations How Often Should CPAP Equipment Be Replaced?

Item	HCPCS Code	Replacement Schedule
Full Face Mask	A7030	90 days
Full Face Cushion	A7031	30 days
Nasal Cushion	A7032	30 days
Replacement Pillow	A7033	30 days
CPAP Mask	A7034	90 days
CPAP Headgear	A7035	180 days
CPAP Chinstrap	A7036	180 days
CPAP Tubing	A7037	30 days
Disposable Filter	A7038	30 days
Filters	A7039	180 days
Oral Interface	A7044	90 days
Heated Humidifier	E0562	5 Years
CPAP Machine	E0601	5 Years

We are asked this question by patients every day! How long various CPAP supplies should last isn't always apparent to the CPAP user. The table on the left outlines the replacement schedule as put forth by the Centers for Medicare and Medicaid Services. This is a guideline only--your replacement level will vary depending on the care of your CPAP accessories and other variables. If you have further questions or supply needs please contact one of our clinical specialists at (877) 844-6150.

**C**ontinuous

**P**ositive

**A**irway

**P**ressure

CPAP therapy is a painless, non-invasive way to treat Obstructive Sleep Apnea (OSA)

### Sleep Fact:

*It is estimated that over 18 million American adults have Obstructive Sleep Apnea. Many are undiagnosed*

#### Whitney Sleep Diagnostics & Consultants

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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 town 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 healthcare provider 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 clinics where CPAP users can bring their equipment to be inspected and obtain replacement CPAP accessories as needed. If you are in need of CPAP accessories, give us a call at 877-844-6150.