

## Who Are We?

### ***The Gold Standard in Sleep Care***

The Center for Sleep Medicine is the largest sleep medicine practice in the State of Illinois. Our practice includes six American Academy of Sleep Medicine (AASM) accredited sleep centers located throughout the Chicagoland area. AASM accreditation is the gold standard by which physicians in the community and patients evaluate sleep medicine services. The centers are staffed by a multidisciplinary, multispecialty team of 16 board-certified sleep specialists who evaluate and treat Insomnia, Snoring, Daytime Sleepiness, Sleep Apnea, Narcolepsy, Shift Work Difficulties, Restless Legs, Periodic Limb Movements, and Circadian Rhythm Disorders. Included are specialists from the fields of Neurology, Pulmonary Medicine, Psychiatry, Internal Medicine, Pediatrics, and Dental Sleep Medicine. For employers, The Center for Sleep Medicine can assist you in creating a comprehensive fatigue management program. In addition, The Center for Sleep Medicine includes one of the few behavioral sleep medicine programs in the country.

## Signs and Symptoms of Sleep Apnea:

- Lack of energy
- Morning headaches
- Hypertension
- Frequent nocturnal urination
- Depression
- Obesity
- Large neck size
- Excessive daytime sleepiness
- Nighttime gasping, choking or coughing
- Gastroesophageal reflux
- Snoring, irregular breathing during sleep

The above signs and symptoms, when combined with the following, increase your chances of having sleep apnea: smoking, family history of sleep disorders, excessive use of alcohol or sedatives, and being of the male gender.

### **What is Obstructive Sleep Apnea (“OSA”)?**

OSA is a common sleep disorder that involves pauses in breathing during sleep. If left untreated, it can damage your health. If you suspect you have OSA, talk with your doctor or call any of **The Center for Sleep Medicine** locations to make an appointment with a sleep specialist.



## Health Risks Associated with Sleep Apnea

([Sleepeducation.com](http://Sleepeducation.com)—from the American Academy of Sleep Medicine)

OSA occurs when your muscles relax during sleep. This causes soft tissue in the back of the throat to collapse and block the airway. Breathing pauses can last from 10 seconds to a minute to longer. The pauses end when the body briefly wakes to gasp for air. This cycle continues all night. Over time, untreated OSA puts a tremendous amount of stress on the body, increasing your risk for other health problems. These are eight of the health risks related to OSA:

- High blood pressure
- Heart disease
- Stroke
- Brain damage
- Depression
- Diabetes
- Obesity
- Mortality/Death

There is hope for people who have OSA; it can be treated with a high rate of success. Continuous Positive Airway Pressure (CPAP) therapy can reduce many of these health risks. In 2012, our patients achieved an 88% compliance rate by utilizing our staff for education and assistance.

We truly care about you and your sleep!