

SEQUOIA SLEEP DISORDERS CENTER

170 ALAMEDA

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www.sequoiahospital.org/sleep

September 12, 2011

A. W. A. K. E.

(Alert, Well And Keeping Energetic)

A.W.A.K.E. is a health awareness group for people with sleep disordered breathing and their families. The group is dedicated to exchanging information and increasing awareness of sleep, sleeping disorders and related health concerns. The group meets on the second Wednesday of each month. Everyone who receives this newsletter is encouraged to attend...you are the reason for the group. Staff from the Sequoia Health Services Sleep Disorders Center attend each meeting. In addition, representatives from home health care companies and equipment manufacturers often attend. Between them, answers are provided to most of your questions about medical equipment, sleep disorders, diagnosis and treatment, and associated concerns.

DOCTORS SAY:

According to the National Institutes of Health (NIH), “ At least 40 million Americans each year suffer from chronic, long-term sleep disorders, and an additional 20 million experience occasional sleeping problems. These disorders and the resulting sleep deprivation interfere with work, driving and social activities. They also account for an estimated \$16 billion in medical costs each year, while the indirect costs due to lost productivity and other factors are probably much greater. Doctors have described more than 70 sleep disorders, most of which can be managed effectively once they are correctly diagnosed.”

TALKING TO YOUR DOCTOR ABOUT SLEEP; WHAT TO BRING:

The following should be written down so you won't forget to cover each point in the short time you get to consult your physician.

- Sleep diary
- List of medications or other aids/supplements you are taking
- A medical history or jot down major illnesses or procedures
- Information you may have read from the Internet, newspaper or other sources
- A list of questions and information about your sleep to show your doctor.

NEXT MEETING : Wednesday September 14, 2011, 6:30 p.m.

WHERE: Sequoia Rotunda; 2940 Whipple, next door to and down the hill from Sequoia Sleep Center..

TOPIC: Comparing NCPAP masks. We will have several leading masks to compare and try on side-by-side. A professional mask fitting will be demonstrated.