



Sleep & Your Heart



THE HEART OF THE MATTER

Sleep & Your Heart Overview

Sleep is essential to your body for countless reasons, including the link between sleep and your heart. More and more, the sleep disorder called sleep apnea is being attributed for the development of various life-threatening cardiovascular issues. Sleep apnea can be difficult to acknowledge, as the person suffering from this disorder may not even know. They may complain of being excessively tired during the day, or feel as if they just cannot “wake up” fully. Possibly their sleeping partner often hears loud snoring or notices that the person gasps for air during the night. Any of these things can be an indicator of sleep apnea; therefore, it is possible that a serious cardiovascular disorder may also be present.



What is Obstructive Sleep Apnea?

Commonly indicated by the presence of snoring, Obstructive Sleep Apnea is the absence of airflow due to a blocking of the upper airway lasting 10 seconds or more, regardless of the sufferer's continual effort to breathe. The number of episodes in an hour that a person undergoes will determine the severity of the condition.

A large percentage of people suffering from sleep apnea go undiagnosed. However, when treated, blood pressure improves and the risk of heart failure is significantly reduced. This is because one's blood pressure will increase during the episodes of non-breathing, as the oxygen level decreases. Because this happens on a nightly basis, these symptoms tend to carry over into the daytime - even when the person is breathing normally.

Are you a good candidate for a sleep study? Log on to find out.

www.sleepcenterotr.com/survey



This drop in oxygen levels is believed to be linked to other conditions as well, including:

- Heart failure
- Heart rhythm problems (arrhythmias)
- Coronary artery disease
- Stroke
- Type 2 Diabetes
- Atrial Fibrillation
- Hypertension
- And More

When to see the SleepCenter of the Rockies

If you awaken throughout the night or if your partner notices a lapse in your breathing during sleep, your heart and overall health may be at risk. Get to the heart of the matter! Contact the **SleepCenter** today to learn more about sleep apnea, its diagnosis and treatment. Don't wait for irreparable damage to be done; be proactive in the health of your heart.



A state-of-the-art lab and facility designed in 2007, the **Colorado SleepCenter of the Rockies** specializes in the diagnosis and treatment of sleep disorders.

If you are having trouble sleeping, don't wait.

Contact the **SleepCenter of the Rockies™**
toll-free at **866.MY SLEEP**
or locally at 970.619.6000.

www.sleepcenterotr.com



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