

# Sleep News

February 2010

## Decrease your risk for Heart Disease by:

- *Getting Quality Rest*
- *Stop Smoking*
- *Avoid abusing alcohol, while one drink a day can have benefits to the heart, abuse will hurt it*
- *If you have OSA, use your CPAP machine, using CPAP consistently may prevent premature death*
- *Eat a healthy diet, full of fruits and vegetables*
- *Lose weight, obesity increases your risk of heart disease*



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## Save a **Heart** with better Sleep!

February is American Heart Month, which has been designated to help fight cardiovascular disease. Cardiovascular disease is the nations number one killer. Signs and symptoms are:

- High Blood Pressure
- Coronary Artery Disease
- Stroke
- Heart Failure

There is increasing evidence that sleep disorders may contribute to the risk of developing the disease and mounting evidence surrounding the association between Obstructive Sleep Apnea, or OSA, and cardiovascular disease.

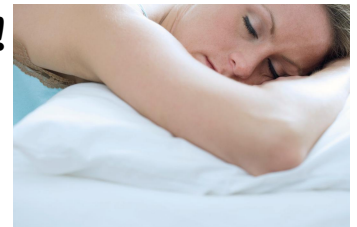
According to a study published in the journal *SLEEP* March 2009, loud snorers have 40 percent greater odds of having high blood pressure, 34 percent great odds of having a heart attack and 67 percent greater odds of having a stroke, compared with people who do not snore. This suggests that loud snoring with breathing pauses, or OSA, brings significantly increased risk for cardiovascular disease. Dr. Andrea Rinn, from United Sleep Medicine suggests, "Sharing information about snoring and sleep with your physician. This

is particularly important in patients with underlying cardiovascular disease. Many times people do not know whether they snore and must rely on friends and family for this information. Quality sleep is an important piece of a healthy lifestyle".

Not everyone who snores has OSA, about half of those who snore do. OSA is characterized by:

- Loud snoring
- Pauses in breathing

OSA occurs when the back of the throat collapses and blocks the airway. This keeps air from getting to the lungs. This happens as the muscles in your throat relax as you sleep. Many times people with OSA have no idea they actually stop breathing during sleep. The effect of this cessation of breathing during the night makes your heart work extra hard when it should be resting. In severe cases of OSA patients can have as many as 100 episodes per hour. This leads to noticeable daytime sleepiness, which in many cases is the only complaint by patients. Even mild OSA may lead to daytime sleepiness. Daytime sleepiness may be the



only symptom of OSA and there are some people who do not have sleepiness as a symptom of their apnea.

Weight gain also plays a role in the development of OSA in the majority of people. Weight loss may improve the severity of OSA as well as reduce your risk of heart disease. Approximately one third of people who have OSA are normal weight and are more likely to go undiagnosed.

According to a study published in the August 2008 issue of the journal *SLEEP*, about 42 percent of deaths in people with severe OSA (5 of 12 deaths) were attributed to cardiovascular disease or stroke, compared to 26 percent of deaths in people with no sleep apnea.

So remember this month to help take care of your heart with Quality Sleep!

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