

The following service providers accept self-referral or physician referral. There is no cost associated with the sleep study or CPAP trial, but there may be costs associated with the purchase or rental of equipment. Results are typically provided within one to four weeks following testing.

**Breathe Well Respiratory Clinic:**

137 Airport Boulevard  
Gander, NL A1V 1T5  
T: (709) 651-WELL (9355)  
F: (709) 651-8355

**Central Respiratory Care:**

4A Bayley Street, Suite 600  
Grand Falls-Windsor, NL, A2A 2T5  
T: (709) 290-1685  
F: (709) 257-2284

**Horizonaire:**

T: (709) 368-7600 Toll-free: 1-800-563-0770  
F: (709) 368-7603  
E: [info@horizonaire.ca](mailto:info@horizonaire.ca)  
W: [www.horizonaire.ca](http://www.horizonaire.ca)

**Respiratory Therapy Specialist (RTS):**

**Awarded Special Assistance Program (SAP) until 2025**

115B Roe Avenue, P.O. Box 402  
Gander, NL, A1V 1W8  
T: (709) 256-2693 Toll-Free: 1-877-423-0202  
F: (709) 256-2392

For more information regarding sleep apnea contact a Registered Respiratory Therapist (RRT) or your healthcare provider.

RESPIRATORY THERAPY DEPARTMENT

JPMRHC (709) 256-5617

CNRHC (709) 292-2414



# SLEEP APNEA

**Patient Information  
on Diagnosis and  
Treatment Options and  
Service Providers**

**Sleep Apnea** is a disorder that causes your breathing to stop repeatedly while you sleep. These breathing pauses or “apneas” can happen many times throughout the night.

There are three types of sleep apnea. The most common is obstructive sleep apnea, which is due to a physical blockage of airflow.

## Obstructive Sleep Apnea (OSA)

During sleep the muscle tone in the upper airway (throat) relaxes to levels not seen during an awake state and this may block the airway, causing an interruption in breathing. As the airway becomes blocked there is a greater effort to breath and this may cause the patient to move to a lighter stage of sleep. As the patient awakens the muscle tone in the airway will return to normal and breathing resumes. Certain individuals may be at a higher risk. OSA is often seen in individuals with low muscle tone and soft tissue around the airway (e.g. short necks), or structural features that give rise to a narrowed airway.

## Diagnosis

Diagnosis is made with an overnight sleep test, often done in your own home. Instructions are provided on equipment set up. A nasal cannula is used to measure nasal flow and a finger probe is used to measure the levels of oxygen in your blood while you sleep.



You may need a sleep study if you experience:

- snoring loud enough to disturb you or others
- waking up gasping or choking
- irregular pauses in your breathing
- excessive daytime drowsiness which may cause you to fall asleep while working, watching TV, or driving
- morning headaches / confusion on awakening
- memory loss / personality changes
- impotence / erectile dysfunction
- night sweats / enuresis (bedwetting)
- changes in cardiac rhythms
- hypertension
- Congestive Heart Failure (CHF)

## Treatment Options:

1. Lifestyle changes - avoid alcohol, lose weight and quit smoking
2. Sleep Position - sleep with your head elevated, on your side
3. CPAP (Continuous Positive Airway Pressure) Machine - a breathing apparatus to use while sleeping
4. Surgery - remove or tighten the tissue to widen the airway

