



A division of Pulmonary and Allergy Associates

Obstructive Sleep Apnea Syndrome (OSAS)

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WHAT IS OSAS?

- A disorder where breathing is temporarily and repeatedly interrupted during sleep
- Apnea is a pause in breathing that lasts at least 10 seconds.

SYMPTOMS

- Loud and regular nightly snoring
- Pauses, gasps, and snorts with sleep
- Restless sleep
- Abnormal sleep position
- Excessive nighttime sweating
- Chronic mouth breathing
- Excessive daytime sleepiness
- Hyperactivity or inattention
- Behavioral or school problems
- Headaches

WHAT HAPPENS?

- When you sleep the muscles in the throat relax, narrowing the airway
- In some people this narrowing causes obstruction to air flow to the lungs
- This causes a pause in breathing and alerts the brain
- The brain signals the body to breath, often resulting in gasping, snorting and arousal

WHY IS THIS BAD FOR YOU?

- Repeated arousals to breathe result in poor quality sleep
- Poor sleep can impact memory and school performance
- OSAS can cause decreased oxygen levels in the blood and over time injure the heart

WHO IS AT RISK?

- Large tonsils and adenoids
- Obesity
- History of OSA in families
- Craniofacial abnormalities
 - Small jaw, large tongue, cleft palate
- Diseases that alter muscle tone

How Do I Know If I Have OSAS?

- A sleep study is the method used to make this diagnosis
- This usually requires an overnight stay at a sleep center.
- The sleep study will monitor your sleep state, eye movement, muscle activity, heart rate, respiratory rate, respiratory effort, airflow, and blood oxygen levels.

If you have questions contact our office.