

## Common Treatments

The most common treatment for sleep apnea is continuous positive airway pressure (often referred to as CPAP). This consists of wearing a mask that delivers an air pressure to keep the airway open during sleep. There are several different styles of masks. You will be fitted with a mask that is comfortable for you, and during the titration sleep study the technologist will adjust the pressure to reduce or eliminate all of the apneas. This is the most effective treatment for sleep apnea.

Other treatments for sleep apnea include:

### Surgery

The most common surgery is uvulopalatopharyngoplasty (UPPP) which involves the removal of redundant tissue along the airway, which can cause obstruction during sleep.

### Oral appliances

These are devices worn in the mouth that pull the jaw forward to help keep the airway open.

### Behavioral therapy

Weight loss may reduce or eliminate sleep apnea. Reducing the use of alcohol or sedatives may also reduce or eliminate sleep apnea. Apnea occurs more frequently while sleeping on your back; therefore, sleeping on your side may reduce or eliminate sleep apnea.

Your doctor will discuss which options are appropriate for you.

## Payment/Insurance Coverage

The tests at the Sleep Center are usually covered by medical insurance, but you should check with your insurance carrier prior to your initial visit. Please make sure authorization is obtained from your primary care physician if it is required by your insurance company. If you have an HMO type of insurance, you may need a referral form from your primary care physician.

If you have any questions regarding potential charges or need to make payment arrangements, please contact our business office at (775) 329-1597 ext. 20 for assistance.

## How to Enter the Program

For more information or to schedule an appointment, please call Pulmonary Medicine Associates Sleep Center at (775) 329-1727.



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Reno, NV 89509

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[www.pmareno.com](http://www.pmareno.com)

The PMA Sleep Center is located in Reno on the southwest corner of Arlington and Marsh. Please use the entrance on Marsh. The handicapped entrance is at the rear of the building.



Many people suffer from  
sleep disorders—  
we're here to help.

[www.pmareno.com](http://www.pmareno.com)



If you ever ask why you can't get a good night's sleep or why you experience excessive daytime sleepiness, you may be one of many people who suffer from a sleep disorder.

A sleep disorder is any abnormal process that disturbs or prevents sleep or interferes with normal alertness. Please take a moment to complete the following Epworth Sleepiness Scale. This is a widely-used tool to help diagnose and treat sleep disorders.

The Epworth Sleepiness Scale	
How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times.	
0 = would never doze 1 = slight chance of dozing 2 = moderate chance of dozing 3 = high chance of dozing	
SITUATION	Chance of dozing score 0-3
Sitting and reading	<input type="checkbox"/>
Watching TV	<input type="checkbox"/>
Sitting, inactive in a public place (e.g., theater or meeting)	<input type="checkbox"/>
As a passenger in a car for an hour without a break	<input type="checkbox"/>
Lying down to rest in the afternoon when possible	<input type="checkbox"/>
Sitting and talking to someone	<input type="checkbox"/>
Sitting quietly after a lunch without alcohol	<input type="checkbox"/>
In a car, while stopped for a few minutes in traffic	<input type="checkbox"/>
<b>Total</b>	<input type="checkbox"/>
A score of 10 may be an indication you have a sleep disorder. The higher the score, the greater the chances of a sleep disorder diagnosis. This test is not a substitute for professional medical diagnosis.	

## Sleep Apnea

Sleep apnea is the most common sleep problem treated at our Center. It is a condition that may lead to excessive daytime sleepiness, high blood pressure, heart disease, and even stroke.

You may have this sleep problem if you answer "yes" to more than one of these questions.

- Are you sleepy during the day?
- Do you snore?
- Do you stop breathing while asleep?
- Do you wake up with a headache?
- Do you have high blood pressure?
- Are you overweight?
- Do you wake without reason?
- Do you have difficulty breathing through your nose?
- Do you have difficulty concentrating?
- Are you irritable?
- Are you a restless sleeper?

## Other Common Sleep Disorders

Fortunately, sleep apnea can be easily diagnosed and treated. Other common sleep disorders that can be evaluated at our Sleep Center include:

### Narcolepsy

People with narcolepsy may fall asleep during the day, even when they want to stay awake. They may experience short periods of muscular weakness, usually during an emotional experience such as laughter, anger, or fear.

### Insomnia

Insomnia can manifest itself as difficulty falling asleep or staying asleep. There are a number of treatable or preventable causes of insomnia. About one in four people suffer from some type of insomnia.

### Parasomnias

These include sleep walking, sleep talking, bedwetting, night terrors, convulsions, and grinding of the teeth. Many of these problems can be treated medically.

## How PMA Sleep Center Can Help You

Our Sleep Center is a specialized medical facility designed to diagnose and treat problems related to your sleep. State-of-the-art equipment is used to help diagnose your sleep problem.

We are the only Sleep Center in Northern Nevada with four pulmonologists on staff who are Board Certified in Sleep Medicine. Our Sleep Center is fully accredited by the American Academy of Sleep Medicine.

Our staff includes pulmonologists and registered sleep technologists, all specially trained in the field of sleep medicine. Our staff works closely with your physician to help give you the best possible care.

## Preparing for a Visit to the PMA Sleep Center

At your first visit to the Center, our physicians and staff will conduct a consultation to determine if further testing is necessary. If you've had a previous sleep study done, please bring those results with you. All-night sleep recordings, called polysomnograms, provide critical information to help diagnose and treat sleep problems.

Our Sleep Center provides comfortable, private rooms for your sleep study. While you sleep, we will monitor your heart rate, body movements, brain activity, breathing, and other physiologic functions. The procedure is neither painful nor invasive, and does not prevent getting a regular night's sleep. Your sleep technician will show you how to easily disconnect the equipment to use the restroom at any time. Shower facilities are available if you need to go straight to work from the Sleep Center.

During follow-up visits at the Center, the physician will discuss the test results. We will send a full report of the findings and recommendation based on your initial consultation to your primary care physician. Our staff will remain available for long-term management of your sleep disorder, if necessary.