

CIMS SLEEP MEDICINE

It is the latest and most sophisticated sleep lab in Western India.

What are the benefits of treating OSA?

Clinical studies have shown that treatment of OSA may:

- ◆ Better control of BP
- ◆ Improve daytime energy and stamina
- ◆ Relieve excess stress on the heart and vascular system
- ◆ Reduce the potential risk for heart attack, stroke and heart disease

Supported by a 24-hour emergency department staffed by board-certified/board-eligible emergency medicine physicians



**For Consultation Call:
Ph: +91-79-3010 1008**

Pulmonology Team

Dr. Amit Patel : +91- 98243 10150
Dr. Nitesh Shah : +91- 98250 27487
Dr. Kalpesh T. Panchal : +91-97121 99914



CIMS Hospital

Regd Office: Plot No.67/1, Opp. Panchamrut Bunglows,
Nr. Shukan Mall, Off Science City Road, Sola, Ahmedabad - 380060.
Ph. : +91-79-2771 2771-75 Fax: +91-79-2771 2770

For appointment call : +91-79-2772 1008
Mobile : +91-98250 66661 or email on opd.rec@cimshospital.org

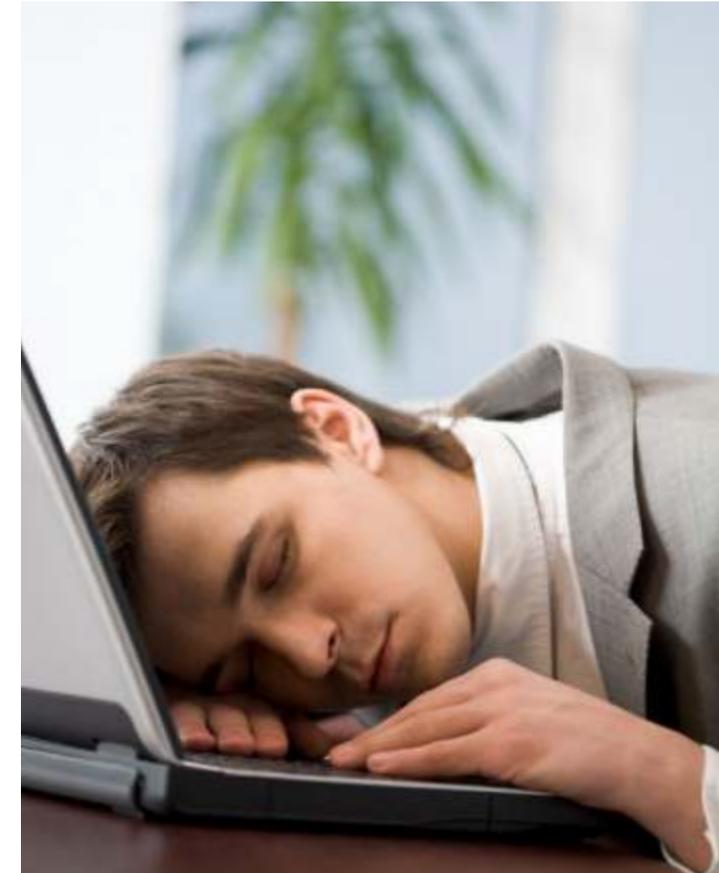
24 X 7 MEDICAL HELPLINE +91 70 69 00 00 00

"CIMS Hospital" (India) application available



CIMS Hospital Pvt. Ltd. | CIN : U85110GJ2001PTC039962 | info@cims.org | www.cims.org

Ambulance & Emergency : +91-98244 50000, 97234 50000



CIMS SLEEP STUDY

Do you know that one in four people have a sleep disorder? Loud snoring may be a signal that you have a serious sleep disorder, Obstructive Sleep Apnea (OSA).

Obesity, modern day lifestyle, stressful lives, gadgets like iPods and laptops which keep people awake until late are major factors for sleep disorders.

What is sleep apnea?

It is a transient cessation of breathing during sleep at night. OSA occurs when the upper airways becomes narrow and then totally blocked as the muscles relax naturally during sleep. This reduces oxygen in the blood and leads to tremendous stress to body. It may take place multiple times at night, but you may not realize it.

What can happen to me if I have sleep apnea?

Untreated sleep apnea can cause debilitated quality of life, excessive, sleepiness, leading to increased chance of accidents. Sleep apnea may also lead to health complications including **high blood pressure, stroke or heart failure, loss of memory & concentration. Incidence of these diseases increases by 4-8 times.**

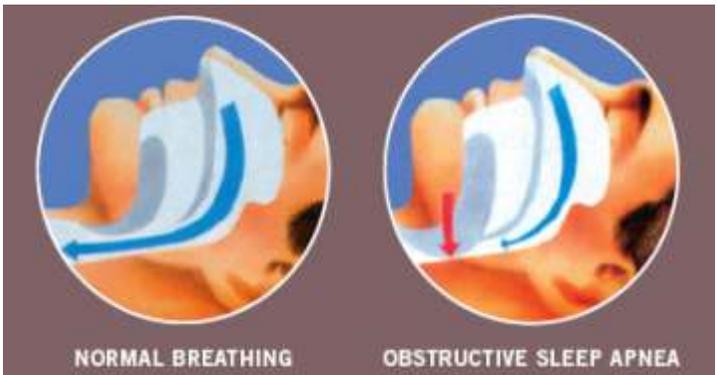
If you snore loudly, if you have experienced excessive daytime sleepiness, and if you have BP, heart disease or stroke, take this sleep apnea test:

1. Do you snore?
2. Are you sleepy during the day?
3. Are you overweight?
4. Do you wake up with a morning headache?
5. Do you have high blood pressure?
6. Are you irritable, fatigued or experience difficulty in concentrating?
7. Do you find it hard to stay awake while driving, reading a book, watching TV or attending meetings?
8. Do you ever wake up choking, gasping or with a racing heartbeat during the night?
9. Has anyone ever watched you sleep and told you that you stopped breathing during night?

If you answered "Yes" to two or more questions, you may be suffering from sleep apnea.

Common Symptoms of Sleep Disorders

- ◆ Snoring
- ◆ Small pauses during snoring
- ◆ Irregular breathing during sleep
- ◆ Feeling unrefreshed or lethargic in morning
- ◆ Daytime sleepiness and napping
- ◆ Difficulty in concentrating in day to day work
- ◆ Frequent urination during night
- ◆ Morning Headache
- ◆ Uncomfortable sensations or jerking of the limbs
- ◆ Impotence
- ◆ Hypertension
- ◆ IHD
- ◆ CV stroke



Sleep Study at CIMS

Participating in a sleep study at CIMS is like spending the night at a comfortable hotel. CIMS Sleep Lab is like a private bedroom equipped with cable television, queen bed, recliner and private bathroom. Once you arrive, the technologist will connect you to the monitoring equipment via non-invasive sensors gently adhered to the skin. The hookup procedure takes approximately 45 min.

The study is conducted throughout the night. You will be disconnected the next morning, and can return to your normal routine. Changes that take place in your body throughout the night which will be recorded, including how may time your breath stops, level of snoring, reduction in concentration of oxygen, irregularity of heartbeat, etc. The sleep physician reviews and interprets the study over the next day, and calculate sleep hypo apnea index. This index decides the severity of sleep disorder.

Treatment of Sleep Apnea:

Primary treatment for sleep apnea is CPAP Machine.

C-PAP machine delivers a stream of compressed air at a prescribed pressure via nasal mask so that unobstructed breathing becomes possible, which balances the reduced oxygen in the blood and prevents apnea. This gives quality sleep and quality life to patient and reduces snoring. You have to use this throughout the night.

Technological Excellence at CIMS:

Our sleep lab is equipped with additional sensors, hardware and software to carry out cardiovascular studies. Our lab is equipped to diagnose cases of unexplained impotence due to Sleep Apnea or other diseases. Our sleep lab has 34 channels & one of the best sleep lab in the world

