

THE MAN WHO COULDN'T SLEEP AND WHO COULDN'T STAY AWAKE



A Bedtime Story



This book is intended, as is the case with all bedtime stories, to help you sleep.

We hope It will educate you about obstructive sleep apnea, its diagnosis and treatment.

Although methods vary from one sleep lab to another, the procedures are generally the same. This book is meant to give its readers a general understanding of the process.



> ONCE UPON A TIME...



...There was a man who snored so loudly, neither he nor his wife could sleep. He braaacked and he haaacked and he snorted and he wheezed until the walls shook and the windows rattled. Even his cat's yowling and his dog's howling were drowned by the noise. And every once in the while, the terrible noise would stop. It was followed by silence.

The man wouldn't make a peep. He wouldn't snore, he wouldn't wheeze, he wouldn't even breathe. Then as suddenly as he stopped, he would start all over again.

Finally, with the sunrise, he and his wife would pry their eyes open and stumble off to work. He couldn't sleep. And he couldn't stay awake. So he drove with one eye open and one eye shut. And when he reached his office, he would nap at his desk. Then, one day, he and his wife and his cat and his dog and his neighbours and his boss could take no more. So they called a doctor to learn what was wrong.



> THE DOCTOR OFFICE

The doctor listened to the whole sad story. He listened to the wife. He listened to the boss. He even listened to the cat and the dog.

Then he turned to the man. He poked and he prodded. He looked in his nose. He looked in his throat. He listened to his lungs. And he listened to his heart. When he was through listening, he finally spoke.

"I think you may have obstructive sleep apnea. Your airway becomes blocked during sleep by excess tissue, relaxed throat muscles or your tongue. Your body has to wake in order to breathe, so you never get into deep sleep. That would explain why you're always tired. But I can't be certain. So I want to have a sleep study."

The man protested, "I already spend too much time sleeping. Besides, if I'm not getting enough sleep at home, how will I ever be able to sleep in a lab with a stranger watching?" But he eventually agreed. So he gathered his pajamas and his toiletries and he ate his dinner and he kissed his wife and he patted his cat and his dog and set off the sleep lab.





> THE SLEEP CENTER

"Welcome," said the lab technologist with a friendly smile as he led the man to his room for the night. "I want you to tell me everything about the way you sleep."

"That's easy," said the man. "According to the doctor, I don't. At least not enough. And they tell me I snore. But you'll discover that soon enough when I begin to wheeze and roar."

The friendly technologist scarcely paused as he began attaching wires to the man's body. He explained that the man would feel no pain. And that the wires were connected to something called a polysomnograph that would record the man's breathing and movements as he slept. Then he tucked the man into bed. The man was still trying to remember the name of this strange machine, as he began to doze and snore.





> THAT NIGHT

Soon his sleep lab was filled with a horrible noise that sounded like a train or a plane or maybe both.

But the lab technologist wasn't alarmed. He had heard it all before. So he watched his computer and he watched the walls shake and quake.

Before long, the technologist had seen and heard enough. He gently woke the man and asked him to put on a mask. He said that the mask was connected to a machine called a CPAP. And he said that would help him sleep.

The man thought it was a strange request. But he was too tired to argue. So he put on the mask and went back to sleep. The technologist waited for the snoring and the roaring to begin. But there was only silence. Peaceful, blissful, restful silence.





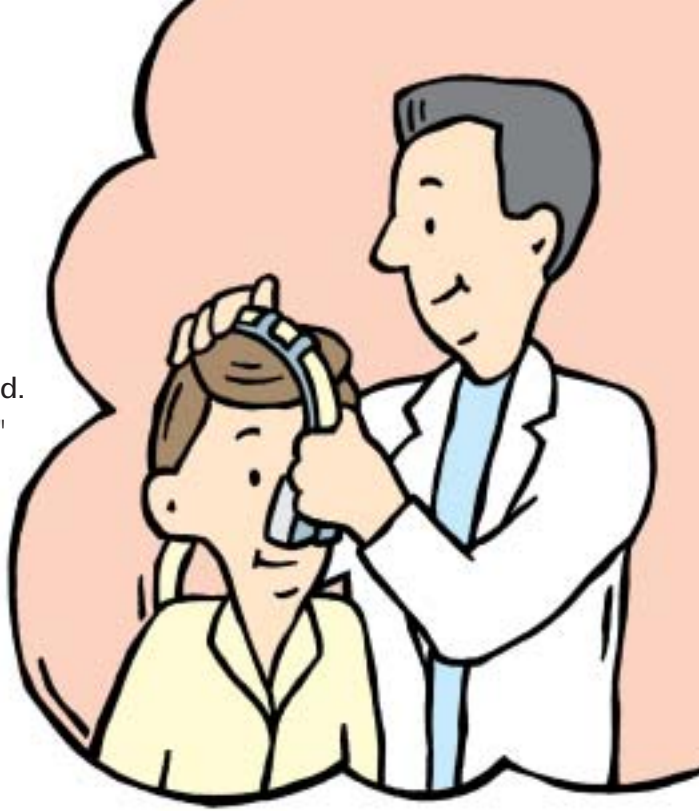


> A GREAT NEW DAY

The man slept
and he slept and
he slept some
more. He didn't
even snore.
Then, when it
was morning,
the man awoke.



The technologist helped remove the mask and the wires as the man nearly jumped out of bed. His eyes were wide open, his mind alert. He even sang as he showered and shaved. Yet he was puzzled. "Why," he asked himself, "did I sleep better here than in my own home?"



After the man dressed and ate, the technologist spoke. "I think there is hope for your problem. I'll give my findings to your doctor. You would meet with him as soon as you can."

The man didn't know why, but he left feeling better than ever before.



> SLEEP APNEA, RDI AND THI



INGS THAT GO BUMP IN THE NIGHT



The man and his wife went back to the doctor as the lab technologist instructed. "Just as I thought," said the doctor as he examined the tests. "We can put an end to that infernal roar that is your snore."

"According to this, you have a Respiratory Disturbance Index (RDI) of 36, which means you stop breathing and wake up 36 times an hour," the doctor explained. "And the saturation of oxygen in your blood is low. You have sleep apnea," he proclaimed. "Left untreated, it could lead to heart problems, strokes, high blood pressure or even impotence." The doctor then went on to discuss the many treatment options - CPAP devices, dental appliances, weight loss, medications, even surgery - but the man hardly heard a word.

"RDI? Stopped breathing? Low oxygen? Heart problems? Surgery? But I don't feel sick," he protested. "I'd feel great, if only I could sleep at the lab."

Of course he knew that was impossible. And the doctor assured him that he could have a CPAP machine of his very own so he could sleep at home.

> THE NEXT STEP

The man was tired.

He was tired of doctor appointments. He was tired of talking about his problem. And most of all, he was tired of not sleeping. But his wife and his cat and his dog and his neighbours and his boss had insisted he follow the doctor's advice. So he found himself in a home care dealer's office with a woman who introduced herself as a respiratory therapist.

The therapist studied the doctor's prescription before she spoke. "Your doctor has prescribed a CPAP machine," she declared. "My job is to help you select the right one and show how to use it."

The man remembered what happened when he used the CPAP machine at the sleep lab. So he began to pay more attention.

"CPAP stands for Continuous Positive Airway Pressure," the therapist continued. "The air through the mask gently forces your airway open so you sleep better. And it stops your snoring so your family sleeps better too."

"It sounds almost too good to be true," the man thought. But he was willing to try almost anything. So were his wife and his cat and his dog and his neighbours and his boss.







A stylized illustration on the left side of the page. It shows a desk with a yellow lamp on a stand. On the desk, there is a blue object that looks like a folded piece of fabric or a small bag. Below the desk are three drawers with blue knobs. The background is a light purple color.

> THE TRIAL RUN

"Gee, there's a lot more to sleeping than I thought," said the man as he patiently listened to the therapist's instructions about settings and cleaning and the importance of using the CPAP every night.

Together they selected the smallest machine: the Goodknight 420. When that was done, she showed him the masks. He suddenly felt like Goldilocks in the Three Bears' house. One was uncomfortable. The second was a little better. But the one called Breeze SleepGear fit just right.

No matter that he had never seen anything quite like the Breeze SleepGear mask. "It feels comfortable and I don't care how different it looks," said the man as he gazed in the mirror. "If it works, it'll be beautiful to me."

To be certain that they had chosen well, the therapist insisted on connecting the equipment for a trial. Although he wasn't sleeping, the man could tell the equipment was working right. And he began to daydream about sleeping that night.

> HAPPILY EVER AFTER

That very night, after the man had brushed his teeth, pulled on his pajamas and turned on the CPAP machine, he put on the mask and turned out the light.

His wife was the first to notice. The snoring and roaring and screeching and wheezing had been replaced by other sounds. There was the gentle hum of the CPAP machine. The sound of crickets chirping on the lawn. And something that seemed deafening at first - silence - prolonged and continuous silence.

Both she and her husband slept as never before. They woke refreshed and went about their morning chores with a bounce in their step. The cat and the dog and the neighbours and the boss all rejoiced. And everyone lived happily ever after.

The moral of the story is this: people who sleep often snore. But not all people who snore really sleep. And the Goodknight 420 CPAP machine fitted with a Breeze SleepGear mask may be just what the doctor ordered.

To one and all, we wish you a very good night.







> Visit the following websites for more information on sleep apnea and other sleep disorders.

**American Sleep Apnea Association
(ASAA)**

www.sleepapnea.org

**American Academy of Sleep Medicine
(AASM)**

www.aasmnet.org

**National Sleep Foundation
(NSF)**

www.sleepfoundation.org

Restless Legs Syndrome Foundation, Inc.

www.rls.org

AAA Foundation for Traffic Safety

www.aafts.org

**Association of Polysomnographic
Technologists**

www.aptweb.org

Associated Professional Sleep Societies

www.apss.org

Canadian Sleep Society

www.css.org

**Academy of Dental Sleep Medicine
(ADSM)**

www.dentalsleepmed.org

Sleep Home Pages

www.sleephomepages.org

Sleep Advice

www.GoodSleep.com

Puritan Bennett

www.puritanbennett.com

