

## What are the Treatment Options:

### CPAP (Continuous Positive Airway Pressure):

Some people may need to use a CPAP machine to keep their breathing passage open during sleep. CPAP is the most common and effective treatment for sleep apnea.

### Behavioral Modifications:

If you have a mild case of sleep apnea, then losing weight, changing sleep habits, sleeping on your side, and/or avoiding alcohol and sleep medications may resolve your sleep disorder.

### Oral Appliances:

Custom-made mouth guards can be used to hold the tongue or jaw forward, thus helping you sleep more soundly.

### Medications:

Sleeping pills and sedatives can be dangerous for people with sleep apnea. Occasionally some medications can be prescribed to stimulate your breathing during sleep.

### Surgery:

In a small percentage of sleep apnea cases, surgery is needed to widen a restricted airway.

## Patient Testimonials:

*"...the staff here all very welcoming, informative, and the center is nice and clean."*

*"I like the staff best."*

*"The place is almost like a hotel room."*

*"Very relaxed center, made me feel at home."*

*"I have had sleep studies at two other centers over the past years. Without a doubt you exceed those facilities. Your staff could not have been more professional and friendly. Thank you..."*

## About Pulmonary Associates of Richmond:

Since 1974, our physicians at **Pulmonary Associates of Richmond** have earned a national reputation for excellence in the practice of Pulmonary Medicine, Critical Care Medicine, Sleep Disorders, and Clinical Research. Our significant level of experience and expertise combined with our commitment to excellence and dedication to patient safety have established **Pulmonary Associates of Richmond** as one of the most respected and largest non-academic Pulmonary Medicine practices in the country. Thank you for selecting us to provide your care.

### Our Locations:

#### Boulders:

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Phone Number: (804) 320-4341  
Fax Number: (804) 320-5897

#### Colony Crossing:

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Midlothian, VA 23112  
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Richmond, VA 23229  
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Please visit us on the web at:  
[WWW.PARAccess.com](http://WWW.PARAccess.com)



**The Sleep Disorders Centers of Pulmonary Associates** is accredited by the American Academy of Sleep Medicine.



## THE SLEEP DISORDERS CENTERS of PULMONARY ASSOCIATES



## Richmond's Premier Sleep Disorders Centers

### Our Physicians:

Douglas Puryear, M.D.,  
Board Certified Sleep Specialist

Mir T. Ali, M.D.,  
Board Certified Sleep Specialist

Michael Polsky, M.D.,  
Board Certified Sleep Specialist

Glenn Giessel, M.D.,  
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# Where your Sleep Matters!

## What is Sleep Apnea?

Obstructive Sleep Apnea is caused by a blockage of the breathing passage and results in a pause in breathing during sleep. These pauses can last 10 seconds or more and can occur up to hundreds of times a night.

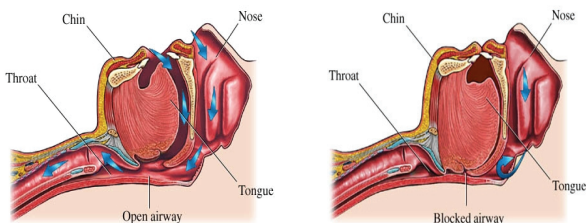
## Why is it Important to Diagnose & Treat a Sleep Disorder?

Sleep Disorders are potentially serious, occasionally life threatening medical problems that are linked to health problems including heart attack, stroke, high blood pressure, heart failure, sexual dysfunction, and depression.

The good news is that proper treatment for a sleep disorder can significantly improve your quality of life, and oftentimes reduce or eliminate your need for medications to treat the conditions that result from your sleep disorder.

## What are the Most Common Symptoms of a Sleep Disorder?

- Excessive daytime sleepiness
- Depression
- Morning headaches
- Snoring
- Sexual dysfunction
- High blood pressure
- Weight gain
- Problems with memory and concentration



## Sleep Study Testing

All sleep study testing is performed with state of the art equipment by fully trained sleep technicians. Meticulous care is given to ensure testing that meets or exceeds the standards set forth by the American Academy of Sleep Medicine. There are a few different types of sleep studies or Polysomnograms, to diagnose your sleep disorder:

**Diagnostic Polysomnogram** monitors brainwaves, heart activity, blood oxygen levels, breathing and muscle activity to determine the presence of a sleep disorder.

**CPAP/Bi-Level Titration Polysomnogram** monitors the same as the diagnostic study but also allows for the most effective treatment of a common sleep disorder known as Obstructive Sleep Apnea (OSA).

**Split Night Polysomnogram** is a specific study that allows for the combination of a diagnostic study and a CPAP/BI-Level titration study if certain criteria are met during the first portion of the study.

**Multiple Sleep Latency Test** is a day time nap study, that monitors brainwaves, blood oxygen levels and heart activity to determine the cause of hypersomnolence (excessive daytime sleepiness) and can diagnose Narcolepsy.

**Maintenance of Wakefulness Test** is a daytime nap study, that monitors the patient to determine the ability for the patient to maintain wakefulness.



## What Should I Expect?

Upon arrival at **The Sleep Disorders Centers**, a Sleep Study technician will greet you and escort you to your private bedroom where you can change into your sleep wear. The technician will explain the details of your sleep study and answer any questions.

Most patients arrive at **The Sleep Center** in the evening and leave the following morning. **The Sleep Disorders Centers** is furnished like a real bedroom, with a comfortable bed, soft lighting, wood floors, satellite television, an oversized reclining chair, and for patient privacy and comfort, each suite has full bathroom facilities. You will have ample time the morning after your study to bathe and prepare for your day in the usual manner.

## How do I Prepare?

1. Try not to nap the day of your Sleep Study.
2. Avoid coffee, tea, cola, chocolate and other caffeinated foods or beverages after 2 pm on the day of your Sleep Study.
3. Bring any medications that you might need before you leave the next morning, including insulin, sleeping pills, and pain medications.
4. Bring whatever you normally wear to sleep in (no sleeping in the nude), and your usual overnight things such as a toothbrush, and razor. Bring a changes of clothes for the morning.

(After your initial evaluation with a Sleep Specialist, if a sleep study is indicated, you will receive a full list of instructions on how to prepare for your sleep study.)

## What Happens After My Study?

The morning following your sleep study, our physician or physician assistant will review your study results, diagnose your condition, educate you about your sleep disorder, initiate your treatment (including providing you with a CPAP machine, if indicated), and schedule your follow-up appointment.

Your referring physician and your primary care physician will receive a copy of your test results and treatment plan promptly after your sleep study. Please let us know if there are any other physicians you wish to share your results with.