

Stanford Hospital Health Notes

A community health education series from Stanford Hospital & Clinics

What Does a Good Night's Sleep Feel Like?



Bill Marshall at a construction site in Half Moon Bay

Snoring Isn't Normal

Bill Marshall, owner of a general contracting business in Half Moon Bay, grew up in construction and had snored for years. He knew that he woke up often in the night, but it took a visit from a friend and a trip to the Sleep Medicine Center at Stanford Hospital for Bill to understand that in his case, the snoring wasn't normal.

"My friend was visiting; we were in the family room watching a football game I guess, and I dozed off and stopped breathing for a while" recalls Bill. The friend recognized Bill's break in breathing while sleeping as sleep apnea, a condition he suffered from as well. "He told my wife Linda that she'd better have me checked out. We made an appointment with Stanford."

Sleep apnea affects approximately 7% to 10% of the US population, and is more commonly found in men than women. Many people suffering from sleep apnea don't even know they have it. However, the effects of untreated sleep apnea can be very serious, including hypertension, stroke, cardiac arrhythmia, and diastolic heart failure. So how do you know if you are suffering from sleep apnea? There are a few signs that may indicate snoring might be a bigger problem than you or your loved ones think, most notably regular loud snoring, choking sounds or gasps while sleeping.

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A Center for Help

In 1973 the Stanford Sleep Medicine Center, led by Dr. William Dement, became the first accredited sleep center in the world. For the last quarter-century, the team at Stanford Hospital has developed a resource dedicated to helping sleepless Palo Altans discover what a good night's sleep really feels like.

Sleep disorders can be difficult both to study and to treat. Some, like insomnia, affect large numbers of people, but not necessarily in the same way. A condition like sleep apnea can be pinpointed more easily—but knowing is only half the battle. "Due to this complexity, the evaluation and management of troubled sleep or daytime tiredness, sleepiness or fatigue often requires the assessment of a sleep medicine expert", suggests Dr. Jed Black, Medical Director of the Stanford Sleep Medicine Center. Treating some sleep problems, especially apnea, requires time and dedication from patients.

Getting Into Treatment

People who turn to Stanford Hospital with sleeping issues have access to some of the world's most renowned experts in sleep medicine. The Stanford Sleep Medicine Center combines the expertise of clinicians in the respiratory, cardiology, neurology and psychology fields to determine the root cause and best course of action for people who have difficulty sleeping.

"What happened was I would fall asleep driving. I would get up to a red light and take a nap for 30 seconds or whatever, because I wasn't sleeping at night."

Bill arrived at the Stanford Sleep Medicine Center only knowing that he was often sleepy throughout the day. "What happened was, that as much as I drive, I would fall asleep driving. Or I would get up to a red light and take a nap for 30 seconds or whatever, because I wasn't sleeping at night," says Bill.

An overnight visit to the Stanford Sleep Medicine Center allows clinicians to fully monitor and assess a patient's sleep pattern. Connected to machines that measure brain waves, heart beat, eye movement and more, the information gathered in an overnight assessment provides a more complete picture for clinicians than a subjective self-report of a night's sleep might.



Bill heads out to tour construction sites for the day

When You Need More than a Pill

Sleeping pills are not the best treatment choice for people suffering from sleep apnea. Because a bad night's sleep in their case is actually the result of a restricted airway, these patients are often treated with a device called a restricted airway, these patients are often treated with a device called a continuous positive air pressure (CPAP) machine. This treatment involves sleeping with a nasal mask through which air is gently blown. The air acts as a splint to keep the airway from collapsing and prevents the airway blockages that seriously disrupt sleep (unbeknownst to the sleeper) and severely stress the heart and lungs.

"Getting a CPAP has made all of the difference in the world in two obvious ways," says Bill. "One being my ability to stay awake all day driving and functioning, and the other being able to get a good night's sleep and not endangering my health by not breathing for a minute or two at a time."

It takes time for patients to fully adjust to sleeping with a CPAP device, and treatment compliance can become an issue. Seeing that new patients needed support and more sources of information, the Sleep Clinic

Did You Know...

Colorectal cancer is the third most diagnosed cancer and second leading cause of cancer death in the United States. The good news is that screening tests can be done to discover early stage cancers when they're the most treatable—and curable.

- **40% of adults are so sleepy during the day that it interferes with their daily activities**
- **18% experience this level of daytime sleepiness at least a few days a week or more**
- **34% of adults report snoring a few nights a week or more**
- **16% of men and 10% of women report having had pauses in their breathing during sleep a few nights a week or more during the past year**
- **56% of adults in the U.S. report one or more symptoms of insomnia a few nights a week**
- **62% of adults who experience frequent difficulty in sleeping say they are concerned**

AWAKE Meetings 2008

- **April 2: Sleep Changes with Age**
- **May 7: Melatonin & Sleep**

For more information about AWAKE meetings at Stanford Hospital, contact (650) 723-6601

Are You Sleepy?

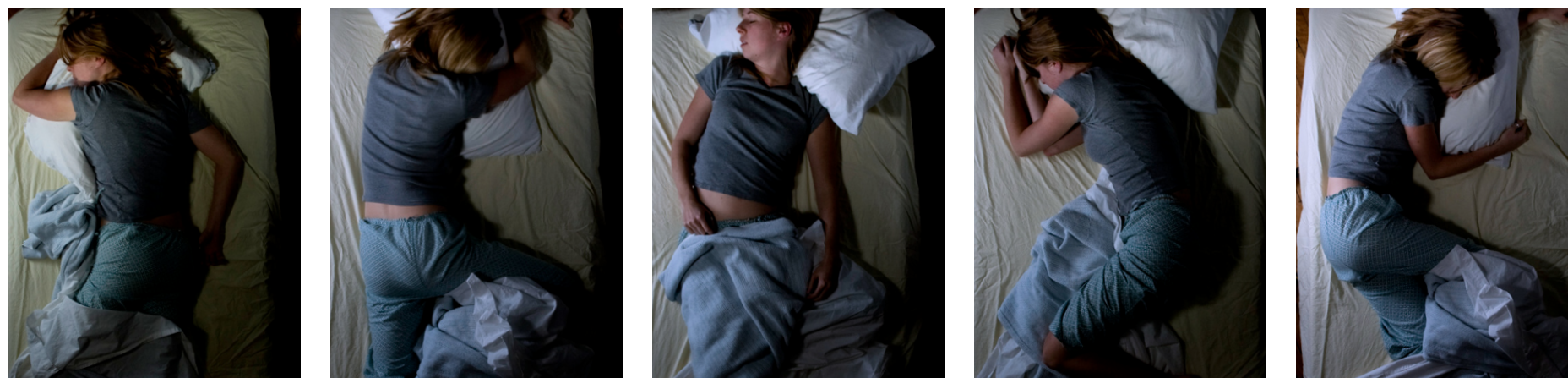
Find out how you rate on the Epworth Sleepiness Scale. How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation:

- 0 = no chance of dozing**
- 1 = slight chance of dozing**
- 2 = moderate chance of dozing**
- 3 = high chance of dozing**

Situation	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. a theater or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

To check your sleepiness score, total the points. If you scored:

- 1 – 6: Congratulations, you are getting enough sleep
- 7 – 9: Your score is average
- 10 and up: Consider seeking the advice of a sleep specialist



Bill prepares for sleep with his CPAP machine

began offering monthly group meetings for sleep apnea patients. Taking place at 6:15 P.M. on the first Wednesday of each month, the purpose of the Alert, Well, And Keeping Energetic (AWAKE) group meetings are to provide a place for new patients to ask questions, learn from other patients' experiences, and to see that many

others are struggling with similar problems. Many times people learn useful tips from other patients, and gain the resolve to persist in making their treatment more comfortable and effective. Newcomer meetings are followed by a general meeting, where a doctor gives a sleep-related presentation and addresses any unanswered questions. The information

shared at the AWAKE meetings is often invaluable to people struggling to comply with what seems like a very cumbersome treatment at first. "Some fit better than others, and you constantly have to adjust them somewhat. I don't know that you ever get to the point where it totally becomes second nature to you," admits Bill. "But when I started using it, the result after a few days or a week was obvious. It's the difference between being able to stay asleep or not, and breathing is, of course, important."

Meeting the Needs of a Growing Community

Demand for the Sleep Medicine Center's services is growing, and Stanford is expanding the facility to meet the need. A new state-of-the-art facility, currently under construction in Redwood City, will accommodate 16 patients per night, with 8 beds available for clinical research. The new Redwood City facility is projected to open in early 2009.

Photos of Bill Marshall by Mark Tuschman

Stanford Hospital & Clinics is known worldwide for advanced treatment of complex disorders in areas such as cardiac care, cancer treatment, neurosciences, surgery, and organ transplants. Consistently ranked among "America's Best Hospitals" by *U.S. News and World Report*, Stanford Hospital & Clinics is internationally recognized for translating medical breakthroughs into the care of patients. The Hospital is part of the Stanford University Medical Center, along with the Stanford University School of Medicine and Lucile Packard Children's Hospital at Stanford

