



Snoring May be More than Just an Annoyance

Sleep Lab at LFH Detects Sleep Disorders

Snoring can be a signal that something is seriously wrong with your breathing during sleep.

If you snore, you're not alone. It's estimated that anywhere from 10 to 30 percent of adults snore.

For most, this represents no serious medical problem. However, habitual snoring is the first indication of obstructive sleep apnea (OSA). It happens because the soft tissue in the rear of the throat collapses and closes the airway, either partially or completely, so that breathing stops during sleep. Each time this occurs, the brain signals us to arouse from sleep in order to resume breathing. As a result, sleep becomes fragmented and not restorative.

OSA is a potentially life-altering and life-threatening condition. Most OSA sufferers remain undiagnosed and untreated and are at risk for high blood pressure, heart attack and stroke, fatigue-related motor vehicle and work accidents, and decreased quality of life. Its warning signs include:

- Habitual snoring
- Unusual forgetfulness, irritability, anxiety or depression
- Morning headache
- Gasping or choking during sleep
- Excessive daytime fatigue or sleepiness
- Sexual dysfunction

OSA is easily diagnosed and successfully treated. The American Sleep Disorders Association advises anyone with these warning signs to consult their doctor, who may suggest a visit to a sleep center.

The Sleep Lab at Lake Forest Hospital has been providing comprehensive sleep testing for 15 years. Equipped with advanced technology, our sleep disorder specialists perform a variety of tests to diagnose sleep disorders. As the patient sleeps in a comfortable bedroom setting, 16 channels of information—including audio sound testing—is monitored interactively from another room. The information allows our sleep disorder specialists to diagnose sleep disorders and create a treatment plan.

The Sleep Lab is staffed by Dr. Neil Freedman and Dr. Scott Field, critical care specialists, who are both board-certified in their specialties.

For more information or an appointment with our sleep disorder experts please call the Sleep Lab at (847) 535-6189.