



The
Sleep Apnea
Specialists

Sleep better,
live longer.SM

The
Graymark Healthcare
Value Commitment

Your care is supervised by a physician who has specialized in Sleep Medicine (Board Certified in Sleep Medicine)

We follow the highest national standards for Sleep Disorder Diagnosis and Treatment (American Academy of Sleep Medicine — the gold standard of care)

Our clinicians provide comprehensive care — regardless of your sleep diagnosis we can provide your care

We will be available throughout your care — some disorders require lifelong treatment — we will be here when you need us

Our patients experience relief from their sleep disorders at a higher rate than those treated at other sleep centers based on national statistics

Sleep Medicine is all we do — our facilities and care are state of the art and designed exclusively for sleep care

We work within the communities we serve to help people better understand the disorders of sleep and their treatment options

Toll-Free **(877) 440-4263** 24 hours

www.NocturnaSleep.com

A **Graymark** Healthcare Company
1-877-440-4263 | graymarkhealthcare.com

NOCTURNA
Sleep therapy



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The NOCTURNA Experience

NOCTURNA Sleep Therapy provides the highest quality comprehensive care for the treatment of sleep apnea at an affordable price so that our patients and their referring physicians can both sleep better.

- A certified Respiratory Therapist will work with you throughout set-up, evaluation, and follow-up
- We will notify you prior to your equipment set-up of your insurance benefits
- We customize the fit of your equipment specially for you for maximum comfort and effectiveness
- We answer your questions and provide complete and thorough education so you know how to use and maintain your equipment
- We provide complete and individualized follow-up care
- We offer flexible hours to meet your needs
- 24-hour emergency service available
- We continuously work to maintain the highest quality of service in the industry

What is sleep apnea?

Sleep apnea is a common sleep disorder that can be potentially very serious, and even life-threatening. In sleep apnea, your breathing stops or gets very shallow while you are sleeping. Each pause in breathing typically lasts 10 to 20 seconds or more, and the pauses can occur 20 to 30 times or more an hour. During the episodes of apnea, the sleeper wakes up to breathe again, disrupting sleep, and also suffers from a brief lack of oxygen.

Diagnosing sleep apnea

A confirmed diagnosis of sleep apnea is obtained through the completion of a sleep study. This requires an overnight stay at a diagnostic sleep center. The latest technology is used to monitor you while you sleep. A sleep specialist will observe your sleep patterns, brain waves, heart rate, rapid eye movements and more using monitoring devices attached to your body. While sleeping with a bunch of wires attached to you might seem difficult, most patients find they fall asleep very easily.

A board-certified physician specializing in sleep medicine will analyze the results from your sleep study and design a treatment program if necessary.

Treating sleep apnea

Sleep apnea may be treated with Continuous Positive Airway Pressure (CPAP). CPAP is a mechanical device worn while sleeping which provides continuous air pressure to keep the airway open, and is the most recommended treatment for moderate to severe sleep apnea. CPAP can take some getting used to, but provides effective relief when used correctly. If you are diagnosed with sleep apnea during the sleep study, you will be fitted with a CPAP mask and the pressure will be initiated at a low setting to allow you to get used to it and go to sleep. Once asleep, the CPAP air pressure is gradually increased until all apnea and snoring is gone.



Steps to diagnosing and treating sleep apnea

1. Your physician refers you to a sleep center.
2. An evaluation of your sleep quality is done at the **NOCTURNA Sleep Care** center in an overnight sleep study.
3. If a disorder is discovered, a diagnosis is reported to your referring physician and a sleep specialist so they can provide a prescription for treatment.
4. Treatment and management for sleep apnea is provided at the **NOCTURNA Sleep Therapy** clinic. We have a large variety of patient friendly equipment so you get the best treatment possible.
5. After initial treatment, an updated Epworth sleepiness scale report (ESS) is sent to your primary care physician and sleep specialist.
6. On-going management of your sleep apnea is provided at your **Nocturna Sleep Therapy** clinic.
7. *The quality of your life will improve!*

