

# ***Treatment Options for Sleep Disorders***

***Choosing The Treatment That's  
Right For You!***

***Continuous Positive Airway Pressure***

***Lifestyle Changes***

***Dental Appliances***

***Pharmaceuticals***

***Health & Wellness***

***Sleep Hygiene***

***Surgical/Laser Procedures***



**Merit  
Sleep  
Technologies**

## ***What is the "Right" Treatment for You?***

You've been recently diagnosed with a sleep disorder, now what should you do? Living with a sleep disorder can interfere with your performance at home, school or work and can even affect your relationships with family and friends. In most cases, sleep disorders can be easily managed once they are properly diagnosed. Sleep disorders must be treated according to their cause, symptoms and severity. Factors that contribute to a sleep disorder include a person's age, sex, family history and lifestyle. Sleep disorders can be temporary, intermittent or lifelong. There are over 100 known sleep disorders, each being unique to the individual suffering from it. There are many different forms of treatment options available to those who suffer from a sleep disorder.

### ***Some Common Treatment Options***

Depending on the nature of the sleep disorder, your sleep specialist or physician may recommend any or a combination of the following treatment options:

**Lifestyle & Behavioral Modifications** – Behavioral changes may include avoiding the use of alcohol, tobacco and sleeping pills, which cause the airway to be more likely to collapse during sleep as well as prolong the apneic periods, which are periods in which breathing stops. People who are overweight may benefit from losing weight; just a 10 percent weight loss can reduce the number of apneic events. In mild sleep apnea, breathing interruptions may only occur when the individual sleeps on their back, thus using pillows or other devices enabling the person to sleep on their side may reduce the number of apneic events.

**Continuous Positive Airway Pressure (CPAP)** – CPAP is the most common effective treatment for sleep apnea. The patient wears a custom-fit mask during sleep that forces air into the patient's airway. The air pressure is adjusted so that it is just enough to prevent the airway from collapsing. There are hundreds of mask choices to fit your personal comfort and convenience. Advanced technology has allowed for the creation of new CPAP machines that can fit into the palm of your hand. This equipment and supplies are commonly covered by Medicare and most all insurance companies. Read more about Merit's services on last page

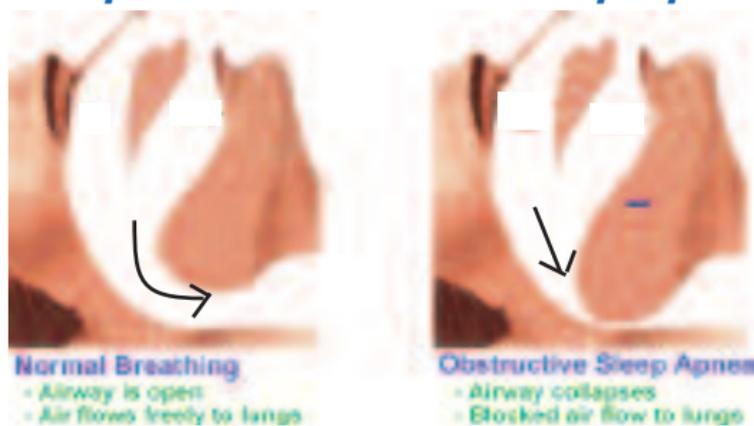
**Dental Appliances** – Custom-made dental appliances

that resemble mouthguards reposition the lower jaw and tongue to allow the airway to remain open. These appliances are helpful to those with mild to moderate sleep apnea. A dentist or orthodontist will custom fit and mold the device to the patient. Some dental and medical insurance companies now provide coverage based upon medical necessity.

**Surgery/Laser Treatment** – A variety of surgical treatment options are available to patients with either obstructive sleep apnea or patients who snore without obstructive sleep apnea. In general, surgical/laser therapies are more successful in patients who snore without sleep apnea. These surgical/laser treatments are typically performed by an ear, nose, and throat (ENT) specialist. This physician recommends whether such therapies would be appropriate and discusses specific risks and benefits with each candidate. Surgical/laser procedures to reduce sleep apnea include removal of tonsils, adenoids, nasal polyps and structural deformities.

**Medication Therapy** – Pharmaceuticals are often used to treat several sleep disorders such as chronic or acute insomnia, Restless Leg Syndrome (RLS), Periodic Limb Movement Disorder (PLMD), Narcolepsy and excessive daytime sleepiness.

### **Example of Obstructive Sleep Apnea**



### **Sleep Hygiene (Recommended for all!)**

With any sleep disorder, maintaining good sleep hygiene is important. Adults typically need 7-9 hours of sleep each night.

- Maintain a regular bed and wake time schedule
- Establish a regular bedtime routine
- Create a sleep-conducive environment
- Sleep on a comfortable mattress and pillow
- Finish eating 2-3 hours before bedtime
- Exercise regularly
- Avoid caffeine, nicotine and alcohol prior to bedtime

## ***Our Commitment***

Merit Sleep Technologies is dedicated to treating those diagnosed with sleep disorders. From our expert sleep therapy technicians to our extensive education protocols, our number one goal is to ensure the best results for each and every patient

## ***Merit CPAP Therapy . . . . Experience the Difference***

- Standard/Auto-Pap/BiPap
- Specialists available 24 hrs/day, 7 days/week
- All insurances welcome - we coordinate everything
- Every patient is provided extensive training, education and follow-up to ensure compliance/success
- Extensive selection of masks from most all manufacturers available & a 30 day mask fitting guarantee
- Wireless Modem Technology - used for all patients allows Merit and physicians to track patient compliance and adjust pressure online through any web browser
- Licensed respiratory therapists
- Evening and weekend setups and in-office clinics available upon request
- Patient satisfaction scores 97%-99%
- Complimentary/unlimited patient follow-up visits
- Joint Commission accredited - the “gold standard” in healthcare



If you need assistance determining which treatment option is best for you or your loved one please contact us at **888-637-4848** for more information.