

Snoring is not just a Joke! Don't Ignore it!

It may be a precursor to your Obstructive Sleep Apnea (OSA)



LOUD SNORING / RESTLESS SLEEP



CHOKING / GASPING DURING SLEEP



MORNING HEADACHES



FATIGUE DURING DAY



MORNING SLEEPINESS



DEPRESSION



OBESITY



SHORT NECK & BIG COLLAR

Do you have any of these above symptoms?

IF YOU HAVE SOME OF THE ABOVE SYMPTOMS AND IF YOU ARE OBESE HAVING BIGGER COLLAR SIZE OF MORE THAN 17" (MALE) & 14" (FEMALE), THEN, YOU MAY BE A POSSIBLE VICTIM OF SLEEP APNEA

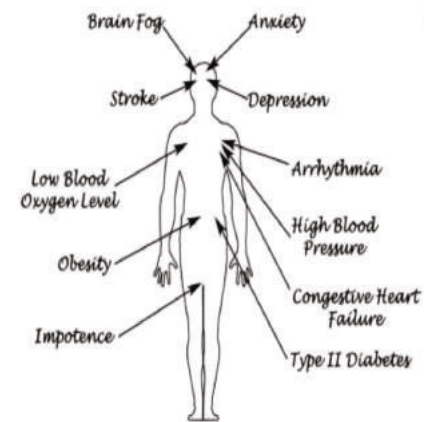
OBSTRUCTIVE SLEEP APNEA



WHAT IS SLEEP APNEA?

Apnea literally translates as "Cessation of Breathing", which means our breathing stops periodically during the sleep at night for a few seconds. This often happens due to the obstruction in the upper airway of our respiratory system caused by the loosened muscles around the neck which relaxes during our sleep which is called **Obstructive Sleep Apnea (OSA)**. Sometimes, it may happen due to the failure in communication of brain signal to the respiratory muscles due to neuro muscular dysfunction, which is called **Central Sleep Apnea (CSA)**. When such passage of sleep happens more than 10 seconds, the level of saturated oxygen in the blood will drop and hence, our brain is forced out of deeper stages of sleep to get the body to begin breathing again. When this event occurs several times in an hour, the quality of our sleep decreases causing us to become more tired during the day giving more stress to our heart which increases blood pressure, blood glucose level and hence all medical problems arise.

RISKS OF UNTREATED SLEEP APNEA



HOW TO DIAGNOSE SLEEP APNEA?

Diagnosis is done by a non invasive sleep test, which usually involves the measurement of airflow, respiratory effort, breathing patterns, heart rate and blood oxygen levels which in turn calculate the Apnea - Hypopnea Index (AHI) which indicates the severity of Sleep Apnea together with the score of the oxygen de-saturation.



- AHI <5 considered to be Normal.**
- AHI 5-15 Mild Sleep Apnea**
- AHI 15-30 Moderate Sleep Apnea**
- AHI >30 Severe Sleep Apnea.**

DON'T PANIC & DON'T WORRY

Kindly book with us an appointment for a dedicated detailed Entrusted Sleep Test, which will be carried out at your comfort with the convenience on your bed in your home by our most experienced dedicated professionals.



PSG Type2
₹ 6,000
SLEEP TEST
HST Type3
₹ 3,000
Special offer
☎ +91-73974 49991

For the treatment of Sleep Apnea, we have our Entrusted Delta Sleep A20 & Entrusted Pro Vent ST 25 which are CE & ISO Certified machines.

HOW TO TREAT SLEEP APNEA?

CPAP - Continuous Positive Airway Pressure Therapy is the most effective Non Surgical Treatment available for Sleep Apnea.

CPAP Machine having a motor / blower, control circuit, sensors is connected to the patient through a humidifier and a nasal mask or full face mask wherein the pressurized air is sent to clear the obstruction in the upper airway so that the airway does not collapse and helps the patient to breathe in easily. Humidifier reduces the Nasal / Throat irritation.

In the Auto CPAP Machine, the output pressure from the machine is controlled automatically by the sensors and respiratory algorithm.

BiPAP Machine is a further advanced version of Auto CPAP machine having two different (Bi-Level) Positive Pressures for Inhalation and Exhalation separately thereby helping the patients to breathe in and breathe out easily and serves as a Non Invasive Ventilator. BiPAP machines are often prescribed for the patients with cardio pulmonary disorders such as congestive heart failure, lung disorders, certain neuro muscular disorders, CSA, OSA with high AHI etc.