

To snore OR NOT TO snore

Two-thirds of American adults say they live with someone who does it. It can be loud, unpleasant and bothersome to those around you. What is it you ask? Snoring.

Snoring occurs when the upper airway relaxes during sleep and vibration occurs creating a soft to loud noise.

Is snoring hazardous to your health?

Snoring can reduce the quality of sleep for bed partners and the snorer. Being awoken by elbows to the rib, shaking and yelling during the night by your partner is not conducive for quality sleep. Primary snoring can be influenced by large tongue or tonsils, obesity, alcohol consumption, smoking and medications. For some people, it is just snoring, but for others it may be a symptom of Obstructive Sleep Apnea.

Obstructive Sleep Apnea is a disorder that increases the risk of high blood pressure, atrial fibrillation, congestive heart failure, stroke, diabetes, heart disease, depression and even sudden death. Obstructive Sleep Apnea is the most common sleep disorder affecting nearly 20 million Americans today and that number is growing.

How to differentiate between primary snoring and Obstructive Sleep Apnea?

Snoring is often equated as a natural part of aging. It can increase over time with age and weight gain; men are more likely to snore than women. It is frequently overlooked and may be detrimental to your relationship. Forty-one percent of women say they are tired because their husband snores. In some cases, partners must resort to sleep in separate bedrooms.

Obstructive Sleep Apnea sufferers experience frequent snoring, pauses in breathing while sleeping, restless sleep, morning headaches and excessive daytime sleepiness. This can lead to other health problems such as high blood pressure, stroke or heart attack. As with snoring, bed partners routinely arouse the bed partner so breathing will commence during apnea occurrences.

Obstructive Sleep Apnea and snoring in children may also cause difficulty in concentration, mood changes, excessive daytime sleepiness, difficulty falling

asleep, maintaining sleep and hyperactivity. If a child has enlarged tonsils or adenoids, they could be the cause of snoring or Obstructive Sleep Apnea and may need to be removed to correct the problem. Children with behavioral problems are often misdiagnosed as Attention Deficit Disorder and should see a sleep specialist to aid in proper diagnosing.

What do I do if I snore?

Talk to your doctor if you experience snoring or symptoms of Obstructive Sleep Apnea. Your doctor can refer you to Comprehensive Sleep Center for a consultation with Dr. Oktai Mamedov to determine if you need further evaluation.

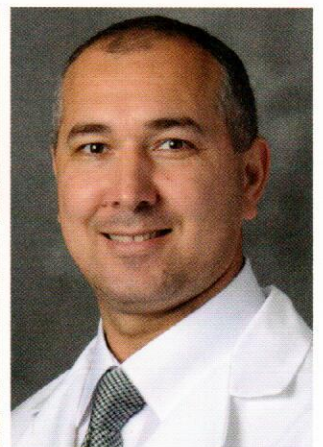
What's a sleep specialist & why is it important to see one?

A sleep specialist is educated and well versed in sleep medicine. Dr. Mamedov treats over 70 sleep disorders and has been practicing in the Lansing area for more than five years. After receiving his residency in Internal Medicine in 2010 at Good Samaritan Hospital, Baltimore, affiliated with Johns Hopkins, he completed a Fellowship in Sleep Medicine at Henry Ford Hospital in Detroit. Dr. Mamedov is Board Certified in Sleep Medicine and Internal Medicine and is proficient in the diagnosis and treatment of a wide array of sleep disorders in adults and children. Dr. Mamedov is the Medical Director of Comprehensive Sleep Center in East Lansing, Mich. and is a member of the AASM. He speaks English, Azeri, Turkish and Russian.

Why should I choose Comprehensive Sleep Center?

Comprehensive Sleep Center consists of a dedicated Board Certified Sleep Doctor, Registered Polysomnographic Sleep Technologists, Certified Medical Assistant and an experienced Billing Department. You can rest assured knowing our highly trained staff is there for you every step of the way.

The state of the art and newly renovated sleep lab includes six hotel style rooms for overnight testing and two exam rooms. Home sleep testing is also available for qualifying patients. Mask fittings, CPAP education and follow up after treatment are available to patients who need a little more assistance with therapy.



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