

LOUISIANA SLEEP DIAGNOSTICS

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Dear Patient,

Below you will find we have compiled a list of terms that may help you better understand the results of your sleep study. If you have any questions please feel free to ask us.

Apnea - a cessation of airflow for 10 or more seconds which results in an arousal or oxygen desaturation.

Hypopnea – a decrease in airflow for 10 or more seconds which results in an arousal or oxygen desaturation.

Obstructive Apnea – an absence of airflow despite persistent ventilatory efforts demonstrated by contractions of respiratory muscles such as the diaphragm. (Breathing is blocked during sleep when the airway pulls shut; which causes sleep disruption, dropping oxygen levels in the blood, and cardiovascular problems.)

Central Apnea – an absence of airflow due to a lack of ventilatory efforts. Since no effort is made to breathe, no airflow occurs. (A rare type of apnea that occurs not when the throat is blocked, but when the patient can not make the effort necessary to pull air into the lungs. Usually the result of problems in the neurological (brain) control of breathing, or with the muscles associated with breathing.)

Mixed Apnea – includes both central and obstructive components, usually with initial central components followed by the obstructive components.

CPAP – Continuous Positive Airway Pressure

Bi-PAP – Bi-level Positive Airway Pressure

The clinical and pathological consequences of treatment for mixed, obstructive apneas, and hypopneas are the same.

RDI – (Respiratory Disturbance Index) – The number of apneas/hypopneas during one hour of sleep. 5 or less is considered normal.

Sleep Latency – the amount of time it takes to fall asleep.

Sleep Bruxism – the grinding or clenching of teeth during sleep, has an unpleasant sound, can cause excessive tooth wear, leads to jaw pain, and headaches in the morning.

Periodic Leg Movement (PLMS) – occurs when the sleeper periodically moves a limb (usually a leg) in exactly the same way over the course of a night. Typical movement would be a kicker or flex of the leg every 10 seconds. These movements disrupt sleep, and can lead to insomnia and daytime sleepiness.

Restless Leg Syndrome – uncomfortable feelings (described as: tingling, itching, crawling, pulling, or aching) in the legs right before falling asleep. The feelings are relieved by moving the legs but return when movement stops. This obviously interferes with falling asleep, and can cause severe insomnia.

REM (Rapid Eye Movement) Sleep Behavior Disorder – the usual REM –associated muscle paralysis is absent, so that people act out the dreams they are having. Punching, kicking, leaping, and running from the bed are common.