



Neuroscience
Institute



Northridge Hospital Medical Center
Neuroscience Institute

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Sleep Evaluation Center

Sleep apnea is recognized as a serious health problem that impacts about 20 percent of U.S. adults; however, more than 80 percent remain undiagnosed and untreated.

Sleep apnea is especially important when evaluating patients who suffer from:

- Hypertension
- Type II diabetes
- Obesity
- Heart failure

Clinical evidence has shown that sleep apnea impacts 37–77 percent of these patient populations. Treatment (Various Modernized Forms of Positive Airway Pressure) can improve:

- Blood pressure
- Ejection fraction
- Insulin sensitivity and glucose control

For more information, please contact the Sleep Evaluation Center at Northridge Hospital Medical Center.
818-885-8500, ext. 5344
www.NorthridgeHospital.org
AMAZING HAPPENS HERE.

CASE STUDY: Home Apnea Monitoring

An elderly male presented with recent onset of Parkinsonian features while on Haldoperidol. He was diagnosed 10 years ago with obstructive sleep apnea (OSA). He was fitted with a CPAP device at that time, but when he had a lap band procedure for morbid obesity and lost weight, he stopped using the CPAP. That was three years ago. However, his wife noted that the patient still snores and experiences apneic events throughout the night. Although the patient did not carry a dx of Parkinson's Disease, when he was tapered off the Haloperidol, he still had a LUE rest tremor and was started on Sinemet. He then underwent a home study fitted at Northridge Hospital Medical Center's **Sleep Evaluation Center**. The Center recently introduced Apnea Link technology in which heart rate, chest strain gauge, pulse oximetry and air flow are measured to determine the presence of persisting OSA with oxygen desaturation. This demonstrated an Apnea Hypopnea Index (AHI) of 28 events per hour (normal is less than five) with oxygen desaturations down to as low as 73 percent from a baseline of 95 percent.

While his Parkinsonian features improved on Sinemet, his wife reports he has a great deal of motor restlessness in bed, throwing off the covers and demonstrating paradoxical agitation at night rather than his usual daytime impassive bradykinesia. With the abnormal home Apnea study above, he returned to the Sleep Evaluation Center for an overnight comprehensive polysomnogram. This demonstrated not only the OSA but periodic limb movements in sleep (PLMS) and REM sleep behavior disorder (RBD). This was a split night protocol, which included

CPAP titration in the second half of the night, resulting in effective suppression of the apnea and hypopnea episodes at a pressure of 13 cm of water.

The PLMS and RBD may both be treated with Clonazepam at a dosage of 0.5 to 1 mg given near bedtime.

Comment: Many patients may be effectively screened with our new home apnea monitoring system. This makes it possible to focus our comprehensive

Home apnea monitoring prevents an unnecessary overnight stay away from home for many patients

hospital-based overnight polysomnography on the more complex cases or those identified by the home study, and prevents an unnecessary overnight stay away from home for many non-ambulatory or infirm patients, or those in whom a diagnosis is not as certain. This patient has several sleep disorders, and one condition

does not exclude – and in fact may be associated with – the others (like the REM sleep behavior disorder associated with Parkinson's).

Our Sleep Laboratory is uniquely qualified to deal with such complex cases, where sleep specialists, not machines or even techs, score the studies and where multiple disciplines, including Pulmonology, Neurology, ENT/Maxillofacial Surgery, Sleep Physiologists, Sleep Technologists, and Respiratory Therapists collaborate to formulate the best possible evaluations and treatment recommendations for your patients.



– **Robert C. Cohenour, MD**
Staff Neurologist and Neurophysiologist



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Now Offering Home Sleep Studies!

Traditionally, patients suspected of having sleep apnea were tested overnight in a sleep lab, but not anymore. The Sleep Evaluation Center now offers home sleep testing (HST) for sleep apnea. While they sleep, a device will record measurements such as heart rate, blood oxygen levels and airflow. Tests will then be sent to one of our Sleep Specialists, who will evaluate and interpret the results. Based on the results of the home test, we will determine the appropriate course of treatment.

Many sleep problems can be successfully treated. For almost 30 years, the Sleep Evaluation Center has provided progressive, proven methods to help thousands of men and women improve the quality of their lives through better sleep. A team of specialists provides comprehensive patient care for adults who have difficulty sleeping at night, struggle to stay awake in the daytime or experience unusual movements or behaviors in their sleep. Our Sleep Specialists can diagnose and provide treatment recommendations for most sleep problems, including:

- Daytime sleepiness
- Insomnia and other disturbed sleep patterns
- Loud snoring
- Sleep apnea
- Narcolepsy
- Neurological sleep disorders
- Nocturnal seizures
- Restless leg syndrome
- Shift-work disorders
- Sleepwalking
- Other unusual sleep phenomena and sleep difficulties associated with other illnesses, such as Parkinson's disease, stroke, epilepsy and lung or heart disease

Multidisciplinary Case Review

Cases are reviewed weekly at a multidisciplinary conference. The Staff includes a sleep-trained Pulmonologist, a Neurologist/Neurophysiologist, and two renowned Sleep Research Physiologists in



The new Home Sleep Testing System offered at the Sleep Evaluation Center is simple to use.

addition to Respiratory Therapists, Polysomnographic Technologists, Oral Surgeons and Otolaryngologists skilled in sleep disorders.

Sleep Apnea Support Group

We also offer a free Support Group on the first Wednesday of every month.

Call 818-885-8500, ext. 5344 for more details.

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M. Reza Nahed, MD, Medical Director

The Center is fully accredited by the Association of Professional Sleep Societies as well as The Joint Commission.



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