

## Do I Need a Sleep Study?

There's NO WAY that you can have sleep apnea! Or, is there???

The Greek word "apnea" literally means "without breath." In obstructive sleep apnea, the most common type, the sleeping patient's tongue falls back against his or her soft palate, and the soft palate and uvula fall back against the back of the throat, effectively closing the airway. When the sleeper expands the chest to inhale, no air enters the lungs.

People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer. In most cases the sleeper is unaware of these breath stoppages because they don't trigger a full awakening. But they do keep the person from getting the restful sleep he/she needs.

Possible Sleep Study Indicators: Neck size over 17 inches, snoring, high body mass index, smoker, over 40, large tonsils and/or tongue.

If you have any of the above mentioned indicators that may make you a candidate for a Sleep Study, DON'T WAIT until it's time to have your DOT Physical to do something about it! If it's time to renew your card and you have your DOT physical, your doctor may recommend that you have a sleep study. If you wait until your DOT doctor recommends the study, **you may be out of work for an indefinite period of time.**

About 3 months before your medical card expires, take steps to confidentially find out if you need a sleep study, have the study and get your CPAP before you ever go for your physical. The key is being proactive! Don't wait! There are places on the [SCF Resource page](#) that can assist in this process.

Attached is an application for CPAP assistance through the American Sleep Apnea Association. If it is determined that you need a CPAP, you can fill out the application for possible assistance with obtaining one.

<http://www.sleepapnea.org/assets/files/cap-authorization-letter.pdf>