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IF YOU HAVE BEEN DIAGNOSED WITH OBSTRUCTIVE SLEEP APNEA (OSA) YOU SHOULD DO THE FOLLOWING:

- 1. ALWAYS INFORM YOUR PHYSICIANS THAT YOU HAVE OSA AND HOW THAT DISORDER IS BEING TREATED. IF POSSIBLE SHOW HIM/HER A COPY OF THIS REPORT.**
- 2. TELL A SPOUSE OR RESPONSIBLE PERSON THE DETAILS OF YOUR DIAGNOSIS AND TREATMENT SO THAT THEY CAN INFORM THE PHYSICIAN IN AN EMERGENCY SITUATION.**
- 3. AVOID NARCOTIC (OPIOID) PAIN MEDICATIONS SUCH AS MORPHINE, WHICH CAN LEAD TO LIFE –THREATENING HYPOXIA (LOW OXYGEN) EVEN IN PATIENTS WITH MILD OSA.**
- 4. AVOID ALCHOLIC BEVERAGES (OR USE WITH MODERATION) WITHIN 3 HOURS OF BEDTIMES.**
- 5. AVOID OR USE WITH CAUTION SLEEPING PILLS AND OTHER MEDICATION KNOWN TO CAUSE SEDATION.**
- 6. IF YOU SMOKE, QUIT (IF YOU CAN)! YOU ARE THREE TIMES MORE LIKELY TO HAVE OSA IF YOU SMOKE THAN IF YOU NEVER SMOKED OR STOPPED SMOKING.**
- 7. AVOID SLEEPING AT HIGH ALTITUDE. ALTITUDE CAN MAKE THE LOSS OF OXYGEN THAT OCCURS WORSEN WITH OSA.**
- 8. IF YOUR SLEEP APNEA CAUSES YOU TO BE SLEEPY, AVOID OPERATING A MOTOR VEHICLE OR OTHER MACHINERY POTENTIALLY DANGEROUS TO YOURSELF OR OTHERS UNTIL YOU ARE ADEQUATELY TREATED.**
- 9. IF YOU ARE BEING TREATED WITH CPAP, ALWAYS TAKE YOUR CPAP MACHINE WITH YOU WHEN BEING ADMITTED TO A HOSPITAL.**
- 10. IF YOU ARE OVERWEIGHT, TRY TO LOSE WEIGHT! OBSTRUCTIVE SLEEP APNEA IS STRONGLY LINKED TO OBESITY.**