

The Sleep Doctor Is In!



This forum is a regular contribution from BayView Healthcare to help share the knowledge and expertise of the more than 280 healthcare

professionals across our continuum of care. In each issue an area of interest is addressed to help consumers be even more informed about their health and wellness.

We are living longer, and with the changes in healthcare reform, confusion continues to rise regarding what healthcare services are covered and not covered at all. As we age, most of us contend with multiple healthcare issues, many of which are chronic and cannot be cured – only managed. In this FORUM, Dr. Borbely will explain the broad spectrum of disorders relating to various aspects of sleep. Disorders associated with sleep can affect a person's mood, behavior, medical condition and general overall health.

Dr. Borbely went to medical school at the West Virginia University School of Medicine. He completed an Internal Medicine residency at the Medical Center of Delaware. Additionally, he completed fellowship training in Sleep Disorders Medicine, Pulmonary Medicine and Critical Care Medicine at the Temple University Hospital in Philadelphia, Pennsylvania. He is board certified in Sleep Disorders Medicine by the American Board of Internal Medicine/Sleep Medicine Division and the American Board of Sleep Medicine. He is also board-certified in pulmonary medicine, critical care medicine and internal medicine. He is the director of the First Coast Sleep Disorders Center and manages the Mask Fit Clinic.

this field and much research dedicated to sleep medicine. The American Academy of Sleep Medicine was the first organizing and credentialing agency associated with sleep medicine. Over the past decade sleep medicine has become a medical subspecialty that is overseen by the American Board of Internal Medicine. Training requirements and certification in this field are now similar to the other subspecialties of internal medicine such as cardiology, pulmonology, nephrology, etc.

Who Needs to See a Sleep Medicine Specialist?

Any person who feels that they may have adverse effects from a condition that involves sleep or maintaining daytime vigilance may benefit from the care of a sleep medicine specialist. People may refer themselves or be referred from their primary care physician or another subspecialist.

What Are the Different Types of Sleep Disorders That Require Treatment?

Although there are numerous sleep disorders some of the more notable ones are: obstructive sleep apnea, insomnia, narcolepsy, restless leg syndrome, abnormal behavior during sleep, abnormal sleep patterns, etc.

What Is a Sleep Lab or Sleep Center?

A sleep lab is a facility where patients can undergo overnight sleep studies when ordered by a physician. It may or may not

Along with the physical changes that occur as we get older, changes to our sleep patterns are a part of the normal aging process. As people mature they tend to have a difficult time falling asleep and more problems staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. In fact, research reveals that our sleep needs remain balanced throughout adulthood. So, what's keeping seniors awake? Changes in the patterns of our sleep - what specialists' call "sleep architecture" - occur as we age and this may contribute to sleep problems. Sleep occurs in multiple stages including dreamless periods of light and deep sleep, and occasional periods of active dreaming (REM sleep). The sleep cycle is repeated several times throughout the night and although total sleep time tends to remain constant, older adults spend more time in the lighter stages of sleep than in deep sleep.

Seniors, though certainly not all, also report being less satisfied with sleep and more tired during the day. Studies on the sleep habits of an elderly population show an increase in the time it takes to fall asleep (sleep latency), an overall decline in REM sleep, and an increase in sleep fragmentation (waking up during the night) with age. The prevalence of sleep disorders also tends to increase with age. However, research suggests that much of the sleep disturbance among the elderly can be attributed to physical and psychiatric illnesses and the medications used to treat them.

What Is Sleep Medicine?

Sleep medicine is a subspecialty of medicine which deals with a broad spectrum of disorders relating to various aspects of sleep. Disorders associated with sleep can affect a person's mood, behavior, medical condition and general overall health. Sleep disorders can include obstruction of a person's airway during sleep, inability

to maintain daytime wakefulness and vigilance, abnormal behavior during sleep, inability to initiate and maintain sleep and sleep related effects of other medical and psychological conditions.

The first sleep center was at the Stanford University in California in the 1970s. Relatively speaking, sleep medicine is one of the newer medical subspecialties. The obvious need for treatment of sleep related disorders has resulted in rapid growth in

“Disorders associated with sleep can affect a person's mood, behavior, medical condition and general overall health.”

Health & Medicine

be associated with a facility that provides ongoing treatment or follow-up care for sleep disorders.

A sleep center is a facility which not only has a sleep lab but has associated sleep medicine specialists that evaluate and treat patients with follow-up care. A sleep center also has ancillary services which may include access to nutritionist, mental health professionals and other medical specialists.

What Is First Coast Sleep Disorders Center?

First Coast Sleep Disorders Center is a comprehensive sleep medicine center which treats all aspects of sleep disorders medicine. It is accredited by the Joint Commission and the sleep medicine physicians that are involved with the center are mandated to have completed an accredited sleep medicine fellowship and are board certified by the American Board of Internal Medicine/Sleep Disorders Division.

One of the unique features of First Coast Sleep Disorders Center is its Mask Fit Clinic. The clinic is for patients with obstructive sleep apnea who are having difficulty with the comfort of their CPAP or BiPAP mask interface or ventilator settings. The clinic involves a customized evaluation by a sleep medicine specialist in regards to finding/fitting a comfortable interface mask. The Mask Fit Clinic has one of the largest inventories of CPAP and BiPAP masks and can help the patient be comfortably fitted with the most appropriate mask. Without the use of this clinic patients are left trying various masks over time and may never find the best option for them.

Since 30% of CPAP patients fail therapy secondary to discomfort with their mask interface the importance of this clinic to such patients cannot be understated.

What Is a Sleep Study?

A sleep study is an overnight test done

at a sleep lab in which a patient is monitored in various ways to diagnose certain types of sleep disorders.

The sleep study is done in a comfortable relaxing environment and is monitored by a certified credentialed professional sleep technician.

Not all sleep patients require sleep studies and this is indicated for only certain conditions.

What Is Obstructive Sleep Apnea and How Is It Diagnosed and Treated?

Obstructive sleep apnea is a sleep disorder which affects approximately 24% of all US men and approximately 9% of all US women.

Obstructive sleep apnea occurs when a specific portion of the upper airway repetitively partially or totally closes off after a person falls asleep. Among many other effects, the airway closure can result in significant adverse effects on the patient's cardiovascular system. This results in an increased risk of heart attacks, strokes and dysrhythmias. It also worsens blood pressure and can shorten lifespan. Although the airway closure occurs multiple times throughout sleep the patient is almost always unaware of the process and may only have symptoms such as daytime tiredness, difficulty concentrating or depressive symptoms.

What Is Insomnia and How Is It Treated?

Insomnia is when someone has difficulty initiating sleep, maintaining sleep or waking up too early which results in adverse effects such as daytime tiredness, altered mood or difficulty functioning.

The causes of insomnia can be very complicated and if medical therapy is chosen it needs to be individualized on a case-by-case basis.

There is an increasing incidence of adverse effects caused by medications used to treat insomnia which is almost always a direct result of prescription ordered medication.



Bernard R. Borbely, MD

What Other Types of Sleep Disorders Would a Sleep Specialist Treat?

Sleep disorders specialist may also treat such disorders such as narcolepsy, shift work sleep disorder, abnormal behavior during sleep (dream acting out behavior, confusional arousals, sleep terrors, teeth grinding etc.), restless leg syndrome and problems relating to the timing of sleep and

wakefulness. This is only a short list of the disorders that are seen at a sleep center.

Will My Insurance Cover Sleep Medicine Disorders?

Most insurances including Medicare recognize the importance of sleep disorders and will cover their evaluation and treatment in almost all cases. Of course, since everyone's insurance plan is different you would have to check with your individual policy for specifics related to coverage.

If I Think I Have a Sleep Disorder How Do I Go about Seeking Evaluation and Treatment?

If you think you have a sleep-related disorder then you may either contact our sleep center personally by calling (904) 819-6800 or have your primary care physician make an appropriate referral. We have offices in both St. Augustine and Palm Coast, we invite you to go to our website at firstcoastpulmonary.com and learn more. *ry*



Health & Wellness Forum
161 Marine Street, St. Augustine, FL
(904) 829-3475
www.bayviewhealthcare.org

BayView Healthcare is a private, not-for-profit comprehensive continuum of healthcare provider founded in 1920. Our superior level of services includes short-term inpatient and outpatient rehabilitation, skilled nursing at BayView Rehab at the Samantha R. Wilson Care Center, BayView Home Health and BayView Assisted Living at The Pavilion and Buckingham Smith, an Emergency Charitable Assistance Program and BayView Wellness. Caring Hands-Caring Community is a separate 501(c)3 charitable organization founded in 2004 by our parent organization. It was formed to support the exceptional services and continuum of care provided to people in need of healthcare services and financial assistance. For further information about any of the programs offered through the BayView Healthcare continuum please call (904) 829-3475.