

# THE WHITNEY WORD

Volume 1, Issue 1

Spring 2011

THE QUARTERLY NEWSLETTER FROM YOUR FRIENDS AT WHITNEY SLEEP CENTER

## About Whitney Sleep Center

Sleep isn't just a "time out" from daily life. Sleep is an active state important for renewing our mental and physical health each day. However, more than 100 million Americans regularly fail to get a good night's sleep. Often, difficulty sleeping and fatigue are caused by sleep disorders that can be treated. At Whitney Sleep Center, people who have trouble getting a good night's sleep can find out why and get help. Come with your questions, your frustrations, and your hope, and we'll design your treatment program. Whitney Sleep Center is a comprehensive diagnostic testing and treatment facility focused on correcting all sleep

disorders. Whitney Sleep Center's staff of physicians, respiratory therapists and registered sleep technologists work together to identify and resolve sleep disorders.

A good night's sleep should leave you feeling refreshed and alert. Certain conditions, such as sleep apnea, insomnia, restless leg syndrome and periodic limb movement, may be interfering with your sleep. By optimizing your sleep you will get the most out of your waking hours.



### Sleep Fact:

It is estimated that over 18 million American adults have Obstructive Sleep Apnea (OSA). Many more are undiagnosed.

## Our Specialties include:

- Overnight sleep studies and treatment
- Obstructive sleep apnea diagnosis and treatment
- Narcolepsy screening
- Evaluation and treatment of Insomnia and arousal disorders
- Sales , set up , and maintenance of Continuous Positive Airway Pressure (CPAP) and Bi-Level Positive Airway Pressure (BiPAP) equipment

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Call today for info and scheduling at both locations: 763-519-0634

**Continuous  
Positive  
Airway  
Pressure  
CPAP therapy  
is a painless,  
noninvasive  
way to treat  
OSA**

### A Message From Dr Whitney

**By Dr Courtney Whitney, Board Certified Sleep Physician, Owner, Medical Director Whitney Sleep Center**

When I started practicing sleep medicine, it was evident to me that addressing a patient’s obstructive sleep apnea (OSA) would have a significant impact on that patient’s overall health profile. I knew that I would see improvements in sleep quality and reduction in daytime sleepiness. The literature told me I would also see improvements in heart health and a reduction in heart-related problems. But, at first, I had no idea that this would impact patients who suffer from headaches. Percy Harvin’s recent treatment for OSA promises to help the Minnesota Vikings and also to increase the awareness of how headaches and sleep apnea are linked. It will be exciting to see if this facilitates a more comprehensive evaluation of patients with headaches. It’s been my experience that headaches improve or resolve with the treatment of sleep apnea. I am uncertain why headaches and sleep apnea are linked, but I hope this article and information on celebrities such as Harvin will help with the diagnosis and treatment of OSA. I encourage physicians and patients to seek screening and evaluation for OSA if headaches are a concern. In the event that sleep-disordered breathing is not felt to be at play but some uncertainty remains, overnight oximetry is a reasonable and inexpensive screening tool. In those with a history suggestive of sleep-disordered breathing, an overnight sleep study is warranted. If you have chronic headaches, be sure to discuss your sleep with your doctor or consider contacting us for an overnight oximetry.

### Do you think you might have a sleep disorder?

Answering “yes” to 2 or more question may be a positive screen for Obstructive Sleep Apnea. Please consider talking with your Health Care Provider about a referral for a sleep evaluation.

Do you snore?	Yes	No
Are you excessively tired during the day?	Yes	No
Have you been told you stop breathing during sleep?	Yes	No
Do you have a history of hypertension?	Yes	No
Is your neck size > 17 inches (male) or >16 inches (female)?	Yes	No
Do you wake up to use the bathroom more than twice a night?	Yes	No
Have you ever fallen asleep while driving?	Yes	No

## Even Pros Need Help With Sleep

By Jim Dunn, Consultant for Whitney Sleep Center

Minnesota Viking Wide Receiver Percy Harvin was recently diagnosed with Obstructive Sleep Apnea (OSA). As a casual Minnesota Viking's fan, I cannot say that this diagnosis came as a surprise to me. You see, since Harvin became a Viking, he has missed several practices and one game — because of migraine headaches. Some of the finest sports physicians in the world tried to solve Harvin's migraines, but it was something discovered while hospitalized after collapsing during a practice that pointed to his sleep. Doctors noticed that Harvin's heart rate was irregular during sleep to the point where it actually would stop beating for seconds at a time. Irregular heart rate is common with sleep disordered breathing, and is a serious indication that a person may have sleep apnea. Since being diagnosed with OSA, Harvin has been using CPAP therapy, and has been taken off his migraine medication.

Earlier in this article, I mentioned that Harvin's diagnosis was not a surprise. I said that because up until a year ago, my wife had been a long time migraine sufferer — seeing specialist after specialist over the

years to find the right treatment plan. After working with Dr Whitney, he determined that her mild sleep apnea could be the reason for her headaches. Sure enough, after going on CPAP therapy, her migraines have subsided to the point where it is very rare for her to have any headaches at all. Many of us know someone who has suffered chronic headaches (maybe it is you). If so, please answer the questions at the bottom of the previous page and talk with your doctor about your answers to see if an undiagnosed sleep disorder could be standing between you and relief from headaches.

*Have you been dreaming of a good night's sleep?*

*Rest is within reach.*

*At Whitney Sleep Center, we have a professional team that will work to help you feel at home in our clinic to get the most out of your sleep. We will set up a consultation and assist you with understanding your insurance coverage.*

### Sleep fact:

**You or someone you care about can be diagnosed and treated for any of the 84 known sleep disorders at either of our convenient locations.**

## Healthy Sleep For Healthy Living

With two convenient locations to better serve you.

2700 Campus Drive, Suite 100

Plymouth, MN 55441

Or

2412 East 117th St

Burnsville, MN 55337

Please call with questions or for directions to either location: 763-579-0634

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**Apnea**—a Greek word literally meaning “without breath” Give us a call to learn more about the three different types of apnea.

Please feel free to join us also at an A.W.A.K.E. support group meeting on Saturday June 11th from 11-4 at the Minneapolis West Marriot. While sleep apnea is very common, it may feel like you are all alone. To learn more about A.W.A.K.E. Network or sleep apnea in general, visit the American Sleep Association at [www.sleepapnea.org](http://www.sleepapnea.org).

**[www.whitneysleepcenter.com](http://www.whitneysleepcenter.com)**

**CPAP Talk— How often should CPAP equipment be replaced?**

Item:	HCPCS Code:	Replacement schedule:
Full face mask	A7030	90 Days (3 months)
Face mask cushions	A7031, or A7032	30 Days (1 month)
Replacement pillows	A7033	30 Days (1 month)
CPAP Mask	A7034	90 Days (3 months)
CPAP Headgear	A7035	180 Days (6 months)
Chinstrap	A7036	180 Days (6 months)
CPAP Tubing	A7037	90 Days (3 months)
Disposable Filter	A7038	30 Days (1 month)
Non-disposable filter	A7039	180 Days (6 months)
Oral interface	A7044	90 Days (3 months)
Water Chamber	A7046	180 Days (6 months)
Heated Humidifier	E0562	5 Years
CPAP Machine	E0601	5 Years