The American Sleep Apnea Association (ASAA), the Federal Motor Carrier and Safety Administration (FMCSA) and the Federal Railroad Administration attended a conference November 8-9 in Baltimore. They were presented with information on health, safety and economics as they relate to sleep apnea. The presentation encompassed all modes of transportation – road, rail, air and sea. They learned about programs for diagnosis, treatment and monitoring of sleep apnea.

A cross section of the industry was represented – trucking, aviation, railroad and marine industries. Also represented were providers of sleep testing and CPAP, physicians, attorneys and regulatory agencies.

Dr. Edward D. Michaelson, a specialist in internal medicine, pulmonary disease and sleep medicine reported:

The information and data presented left no doubt that undiagnosed and untreated obstructive sleep apnea is a serious condition responsible for increased accidents, high medical costs, and reduced quality of life. All of the experts and regulators were on the same page that the issues must be taken seriously and that protocols for screening, testing, monitoring, treatment, and outcome evaluations must be developed, industry wide, sooner than later.

Obstructive sleep apnea (OSA) is not exclusive to those in the transportation industry. Police officers, firemen, EMS workers, shift workers, paramedics, nurses, doctors, “nine to five” office workers and children also suffer from OSA which is linked to life threatening diseases such as heart attacks and strokes. Sleep deprivation is one of the side effects and symptoms.

**Dentistry has a solution** with oral appliance therapy – it can be effective for many who are suffering from OSA.


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**Five Effects of Sleep Deprivation**

1. **High Blood Pressure** – During sleep your heart slows down, but it works overtime when you don’t get enough sleep. Your body accommodates by elevating your blood pressure.

2. **Weakened Immune System** – Prolonged sleep deprivation is associated with diminished immune functions.

3. **Sleep Paralysis** – The brain is aroused from its REM cycle but the body remains in its immobilizing state.

4. **Weight Fluctuations** – Poor sleeping habits can lead to type 2 diabetes and weight gain, due to your body’s decreased ability to process sugar and suppress food cravings.

5. **Memory Loss** – Sleep is essential to cognitive functions of the brain and our ability to consolidate memories, learn daily tasks and make decisions is impaired by sleep deprivation.


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**Dentistry’s expanding role in treating OSA through oral appliance therapy**

Our dental practice specializes in oral appliance therapy for the treatment of snoring or obstructive sleep apnea.

We begin with a simple questionnaire, the Epworth Sleepiness Scale. It is a good indicator if you should have further evaluation by a medical sleep professional.

Visit our web site for a copy: www.sleepmuskegon.com and click on the Patients page for the link to this questionnaire.

If you score 9 or more, we will refer you to a physician who may order a sleep test. If you test positive, the sleep physician will refer you back to our office with a letter of medical necessity and an Rx for an oral appliance.

We will determine the correct appliance for your particular needs.

The appliance will be custom fabricated, fitted, and adjusted at our office. Medical insurance and Medicare offer insurance reimbursement which we will discuss with you.

**With your oral appliance** you will no longer be sleep deprived and will have improved health and vitality.

**Please contact us at 231-744-6661** if you have any concerns about sleep deprivation and obstructive sleep apnea for yourself or someone you care about.
Sleep Deprivation
...and Public Safety Officers

A report in the National Institute of Justice Journal stated that in addition to dying younger:
...police officers were much more likely than the general public to have higher-than-recommended cholesterol levels, higher-than-average pulse rates and diastolic blood pressure,[4] and much higher prevalence of sleep disorders.[5]

It was also noted:
More than half of police officers fail to get adequate rest, and they have 44 percent higher levels of obstructive sleep apnea than the general public.


...Firefighters and EMS Workers

The International Association of Fire Chiefs (IAFC) and the United States Fire Administration (USFA), with assistance from the faculty of Oregon Health & Science University, examined the issue of sleep deprivation and fire fighters and EMS responders.

Among the recommendations were the following:

- Create a culture of shared responsibility that allows firefighters/EMTs to monitor each other for signs of sleepiness as individuals are not the best judges of how tired they are.
- If shift hours are restructured, include everyone in the decision making process including workers, management, and families.
- Have firefighters/EMTs take the assessment test for OSA.
- Know the risk signs for OSA:
  - Excessive daytime sleepiness
  - Loud, frequent snoring
  - Overweight and having a neck size greater than 17 inches (male)

http://www.iafc.org/Operations/content.cfm?ItemNumber=1331

Sleep Apnea Symptoms
MAY BE Worse FOR Shift Workers

A new study provides further health concerns for the estimated 20 million Americans who sleep during the daytime because of their work schedule. The symptoms of untreated obstructive sleep apnea may be worse for shift workers, a new study reports.

The study compared a group of 31 shift workers to ten daytime workers. Members in both groups were previously diagnosed with sleep apnea and had similar ages, weights and sleep lengths.

Daytime and nighttime polysomnograph results show that the shift workers had more frequent pauses in breathing and higher oxygen desaturation levels. Both measures show that shift workers had more severe symptoms of sleep apnea.

The authors of the study caution that patients with untreated sleep apnea should avoid nighttime work. The Sleep Education Blog urges workers with sleep apnea to take that warning one step further and never let sleep apnea go untreated. Sleep apnea has been linked to heart disease, diabetes, dementia and other serious health problems.

Shift work can harm your health. Some workers may struggle with shift work disorder, which causes your internal body clock to go awry. Workers with shift work disorder may be severely tired but unable to sleep. Loss of sleep length and quality may affect job performance and put workers at risk for injury.


As a member of Detroit Dental Sleep Network I am dedicated to raising public awareness of obstructive sleep apnea and its treatment options. Our members are making presentations and providing information to public safety officers, health care personnel, corporations and many other venues. Please call me if you would like information.

James R. Donley, DDS

JAMES R. DONLEY, DDS, PLC
Treatment for Snoring and Sleep Apnea
Rest Assured and Wake Up Smiling

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