



Say hello to sleep again...

Because sleep disorders and sleep apnea have more than one cause, Comprehensive Sleep Care Center (CSCC) offers more than one treatment. This wide range of options means you can find the treatment, or combination of treatments, that works for you. CSCC is a full-service sleep health center, providing sleep medicine consultations, diagnostic testing, and treatment services for more than 80 types of sleep disorders, including insomnia, sleep apnea, and narcolepsy in both children and adults. CSCC is one of the few labs in the nation that is accredited by the American Academy of Sleep Medicine (AASM).

SLEEP MEDICINE TREATMENT OPTIONS

Positive Airway Pressure Therapy CPAP, BiPAP & ASV



Continuous Positive Airway Pressure (CPAP) is gold standard treatment for Obstructive Sleep Apnea (OSA). CPAP machines deliver a steady stream of air through your nose and into the back of your throat. The constant but gentle pressure keeps your

upper airway open, allowing normal breathing during sleep.

Bilevel Positive Airway Pressure (BiPAP), unlike CPAP, supplies a steady, constant pressure to your upper airway as you breathe in and out. BiPAP builds to a higher pressure when you inhale and decreases to a lower pressure when you exhale. Adaptive Servo-Ventilation (ASV) is an evolution from conventional positive airway pressure therapy and was specifically designed to treat central and complex sleep apnea, periodic breathing, and Cheyne-Stokes respiration. During therapy, the ASV device monitors your breathing constantly throughout the night.

<https://comprehensivesleepcare.com/our-services/cpap-therapy-center/>

Oral Appliance Therapy No-Mask CPAP Alternative

Oral Appliance Therapy is the no-mask CPAP alternative for the treatment of OSA and snoring. An oral appliance or mandibular advancement device is similar in appearance



to a mouth guard and is worn during sleep. The appliance is custom made by our in-house dentist who is trained in sleep medicine therapies. It works by moving and holding the lower jaw slightly forward. The main purpose of the oral appliance is to keep the airway open during

sleep, thereby preventing it from collapsing and blocking the normal flow of air during breathing. The AASM recommends oral appliance therapy as a first-line treatment for mild to moderate obstructive sleep apnea. It can also be used in cases where patients are unable to tolerate CPAP therapy.

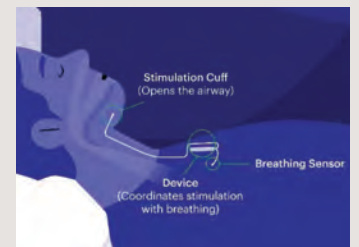
www.byebypap.com

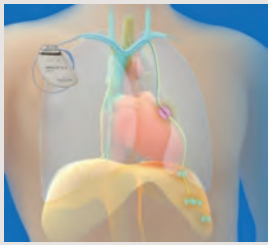
Inspire Sleep Therapy

Inspire is the only FDA-approved OSA treatment that works inside your body to treat the root cause of sleep apnea with just the click of a button. It is a small device that is implanted during a same-day outpatient procedure.

When you're ready for bed, simply click a button on a remote control to turn on the Inspire device. While you sleep, Inspire opens your airway, allowing you to breathe normally and sleep peacefully.

<https://comprehensivesleepcare.com/our-services/inspire-sleep-apnea-device/>





remedē® System/ Respicardia Sleep Therapy Device for Central Sleep Apnea

The remedē System safely and effectively treats moderate to severe **Central Sleep Apnea (CSA)**

in adults. The remedē System is an implantable system that stimulates the phrenic nerve to send signals to the diaphragm. These signals stimulate breathing in the same way that the brain signals breathing. It is placed during a minimally invasive outpatient procedure by a cardiologist. The remedē System works to continuously and automatically monitor and stabilize the breathing pattern, restoring sleep throughout the night. <https://comprehensivesleepcare.com/central-sleep-apnea-treatment/>



Positional Therapy

Positional therapy is a behavioral strategy used to treat positional sleep apnea. Some people have sleep apnea primarily when sleeping on their back (supine). Their breathing returns to normal

when they sleep on their side. Positional therapy involves wearing a special device around your waist that helps keep you sleeping on your side. It uses “vibro-tactile feedback” technology. It gently vibrates when you start to roll over to your back. This vibration alerts your body to change position without waking you up. <https://comprehensivesleepcare.com/our-services/positional-sleep-apnea/>



eXciteOSA® The Daytime Sleep Apnea Treatment

eXciteOSA® is the world’s first daytime therapy for reducing mild OSA and snoring in just 6 weeks. eXciteOSA® prevents the airway from collapsing by improving the muscle function of the

tongue through stimulation therapy. Strengthening those oropharyngeal muscles not only prevents the upper airway tissue from collapsing but ensures that the upper airway remains open during sleep, thereby improving sleep quality. <https://comprehensivesleepcare.com/exciteosa-daytime-sleep-apnea-treatment/>

If not treated, sleep disorders can cause a number of health problems, including high blood pressure, stroke, heart failure, diabetes, and heart attacks. Untreated sleep issues can also be responsible for job impairment, work-related accidents, and motor vehicle crashes, as well as underachievement in school by children and adolescents.

Quality sleep is very important. So, if you are having trouble sleeping, or wake up tired every day, don’t hesitate to speak with one of our sleep medicine professionals and get on the road to a healthier and happier you and Say Hello to Sleep Again...

Insomnia Treatments

Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. Cognitive behavioral therapy for insomnia, sometimes called CBT-I, is a structured program that helps you identify and replace thoughts and behaviors that cause or worsen sleep problems with habits that promote sound sleep. Unlike sleeping pills, CBT-I helps you overcome the underlying causes of your sleep problems. It teaches you to recognize and change beliefs that affect your ability to sleep. This type of therapy can help you control or eliminate negative thoughts and worries that keep you awake. CBT-I helps you develop good sleep habits and avoid behaviors that keep you from sleeping well.



Ear, Nose & Throat Physicians (ENT) Surgery for Sleep Apnea

Talk to an ENT specialist for a complete evaluation, and to learn what surgical treatments may be best for you. There are some surgeries that are minimally invasive, while others are more complex. The goal of surgery is to treat the areas of the airway that collapse and block your breathing during sleep. Surgery may stiffen, remove, or reposition tissues in and around your throat.



Weight Loss

Weight loss of 10-15% of your body weight can reduce the severity of OSA in moderately overweight patients. Unfortunately, while weight loss can provide meaningful improvements in OSA, it usually does not lead to a complete cure, and many sleep apnea patients will need additional therapies. It is important to note the severity of OSA will increase if there is weight gain.



Say hello to sleep again... thank you for choosing Comprehensive Sleep Care Center!

If we may be of any assistance, please give us a call or text us at: **703.729.3420**