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# Address Your Sleep Apnea, Optimize Your Health

OVERCOME SLEEP ISSUES  
FOR LONG-TERM  
WELLNESS







## Importance of Adequate Quality Sleep

Quality sleep is needed for optimal health and wellbeing. Sleep deprivation and even *poor* sleep quality can all impact the overall restorative quality of your sleep state.

**This sleep loss can lead to serious issues like adrenal fatigue, impaired glucose metabolism, weakened immune function, and reduced brain function.**

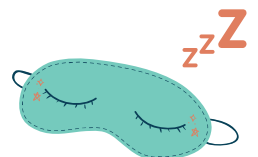
During sleep, your body cleans up damaged cells and creates new healthy ones to replace them. Not only that, but your immune system is at work and vital hormones are produced.

A sign that you get adequate amounts of quality sleep is that you are waking up, feeling refreshed every day. But if you have sleep issues like **sleep apnea**, you tend to wake up feeling exhausted, and it could just be a matter of time before more serious health issues begin to manifest.

## What is Sleep Apnea?

**Sleep Apnea is a respiratory dysfunction when you stop or reduce your breathing while sleeping.** You may or may not be aware this even occurs. Imagine that your body stops breathing during sleep. Right now, you can even hold your breath and imagine that occurring to you hundreds of times a night for 8 hours. That's pretty exhausting, right?

In obstructive sleep apnea, your airway collapses, preventing you from breathing normally throughout the night. This could make your 8 hours of sleep, feeling like it was only a four-hour night's sleep. It's no wonder you may be feeling exhausted every day!





## Consequences of Sleep Apnea

- Daytime sleepiness
- Loud Snoring, frequently waking yourself or your partner up
- Fatigue
- Waking up suddenly and feeling like you're gasping or choking
- Lack of quality sleep
- Reduced focus
- Becoming irritable
- Slow reaction time
- Impaired memory
- Poor decision making
- Mood swings
- High blood pressure
- Increased risk of heart disease, stroke, diabetes, and obesity



## You May Be At Higher Risk For Sleep Apnea if You:



- Are overweight or obese
- Have a thick neck
- Have smaller airways in your nose, throat, or mouth.
- Have enlarged tonsils or a larger than average tongue
- Have diabetes
- Are a smoker
- Drink alcohol





## Why You Need to Address Sleep Apnea Now

If you have health symptoms, we need to know if **sleep apnea** is causing any of them. Because let's face it...we need quality sleep, and we need oxygen to live and thrive. Oxygen is needed for life, and when your body is being deprived of it for a large portion of your day, multiple symptoms and diseases will arise. On a cellular level, your cells cannot thrive and carry out their functions optimally.

Getting quality sleep is vital for overall health and wellness. If sleep issues are preventing you from getting quality sleep, it's most likely impacting your body on a cellular level that you are unaware of.

## Different Levels of Sleep Apnea Severity

A sleep apnea test gives you a number based on the apnea-hypopnea index (AHI). This number represents the number of times your sleep is interrupted per hour.

**These are typically categorized as:**

- 5-15/hour = mild
- 15-30/hour = moderate
- Greater than 30/hour = severe





## Options to Address Sleep Apnea: C-PAP, MAD or Strengthening Your Oral Muscles

Oftentimes, the only solution patients are given to deal with sleep apnea is to wear a C-PAP. This is a device that provides enough pressure to keep your airway open, delivering continuous positive airway pressure (CPAP).

Others may use a dental device called a mandibular advancement device (MAD). This device opens up your airway by pulling your jaw slightly forward. This helps you to breathe more efficiently throughout the night.

### Getting to the Root Cause

The Functional Medicine approach is to get to the root cause of why your sleep issues are occurring in the first place. We will look at your **sleep hygiene**, including assessing your sleep schedule and habits around bedtime. This can identify factors that might negatively impact your sleep and optimize this where we can.

We will focus on **nutrition** to make sure you aren't deficient in nutrients that are vital for quality sleep. Certain mineral and vitamin deficiencies can lead to sleep issues.

Setting up a stress management plan may be needed. Stress can lead to hormonal imbalances, leading to insomnia and you feeling wired but tired at night.

If obesity is contributing to your sleep issues, bodyweight management can also be addressed as part of your functional medicine protocol to reduce your sleep apnea risk.





# How I Help Discover If You Have Sleep Apnea



I use the **at-home WatchPat One Test** and have a local sleep specialist, **Dr. Homan Mostafavi**, review all results and manage sleep apnea patients.

I use the WatchPat One Test because it calculates **AHI** and **RDI** using your True Sleep Time rather than the recorded time used in most commercially available at-home sleep apnea tests.

**AHI:** apnea-hypopnea index (apneas + hypopneas / total sleep time in hours)

**RDI:** respiratory disturbance index (apneas + hypopneas + respiratory effort-related arousals [RERAs] / total sleep time in hours)

This True Sleep Time reduces the risk of misdiagnosis and misclassification that has been reported up to 20% with using total recording time.

**The investment of the test kit with the lab interpretation is only \$160.00.**

**Please reach out to me if you want to get to the root of your sleep issues so you can feel energized, focused, and symptom-free!**

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