



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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ST. JOHN'S SLEEP CENTER HELPS PEOPLE WITH SLEEP APNEA

AWAKE group, "PAP Naps" make sleeping easier

SPRINGFIELD – Obstructive sleep apnea is a disorder in which breathing is briefly and repeatedly interrupted during sleep. For people with sleep apnea, the combination of disturbed sleep and oxygen starvation may lead to hypertension, heart disease and mood and memory problems. If you or someone you know is one of the 18 million Americans who suffer from sleep apnea, St. John's Sleep Center can help.

On Tuesday, February 26 at 6 p.m., the Sleep Center will host AWAKE (Alert Well And Keeping Energetic), a health awareness group for people affected by sleep apnea. It is free and open to all who have sleep apnea, including their families, friends, or anyone interested in learning more about sleep apnea.

Dawn Broughton, director of St. John's Sleep Center, says how much sleep is required varies from person to person based on age, health, and other factors. "It is currently believed that 'core' sleep needed to maintain stable waking neurobehavioral functions in healthy adults is 7-8 hours per night," said Broughton. "Less puts a person at risk for consequences of sleep deprivation."

For those who have been diagnosed with sleep apnea and are having trouble getting used to sleeping with a CPAP mask, St. John's Sleep Center now offers "PAP Naps." Our PAP Naps are shorter evaluation sessions that provide education, as well as a professional to give advice on what kind of mask will work best for you. These 2-5 hour sessions at St. John's Sleep Center allow the participant to "nap" with a mask in the facility. A physician referral is needed for this service.

"We find that if people don't get used to the mask within the first two weeks of receiving it, they are less likely to use it," said Broughton. "There are many options for masks and education is also important. Many people believe the CPAP will be uncomfortable, but those who know how to use it find they can't believe how great they feel after a refreshing night's sleep."

For more information about AWAKE, PAP Naps, or St. John's Sleep Center visit www.st-johns.org/services or call (217) 757-6ZZZ (6999). The St. John's Sleep Center is located in the St. John's Health Center – South 6th Street (1100 East Lincolnshire Boulevard, Springfield).

ABOUT HOSPITAL SISTERS HEALTH SYSTEM

Hospital Sisters Health System is a Roman Catholic health care mission founded to continue the healing ministry of Jesus Christ. Sponsored by the Hospital Sisters of St. Francis, HSHS provides state-of-the-art health care framed in traditional values taught by St. Francis and St. Clare of Assisi. It is dedicated to serving all people, including the poor and the needy, at each of its 13 Local Systems in Illinois (Belleville, Breese, Decatur, Effingham, Highland, Litchfield, Springfield and Streator) and in Wisconsin (Chippewa Falls, Eau Claire, Sheboygan and two in Green Bay). For more information about HSHS, visit www.hshs.org.

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