

What is Sleep Apnea?

Sleep Apnea is a sleep disorder characterised by pauses in breathing during sleep and habitual snoring.

- Pauses last from 10 seconds to a few minutes, many times during sleep.
- Disrupted sleep leads to excessive sleepiness or feel tired during the day.

There are three forms of sleep apnea; obstructive (OSA), central (CSA), and a combination of the two, called mixed.

Fit for Duty specialises in identifying and treating OSA.

OSA causes elevated sleepiness, increases risk when carrying out safety sensitive tasks such as operating vehicles, heavy machinery or sensitive equipment.

OSA undermines productivity and can create problems with focus, concentration, reaction times, mental health, and general health and wellbeing.



How is OSA tested for?

- A combination of an online assessment and a home based diagnostic sleep study to test for OSA.
- The kit is used overnight and returned to us. The information is reviewed by our Senior Sleep Physiologist to establish if OSA is an issue.

How can OSA be treated? Can it be cured?

1. Moderate to severe OSA can be successfully treated by using a Continuous Positive Airway Pressure (CPAP) machine. Currently, there is no known cure for OSA.
2. Diagnosed with OSA? We recommend undergoing a four to six week CPAP trial using one of our Fisher & Paykel Healthcare CPAP devices. Where treatment is successful, we then recommend the purchase of the appropriate CPAP device and mask for longer term use. Fit for Duty offers a number of financing options to make CPAP really affordable.
3. If a person suffering from OSA does not respond to CPAP treatment, we will recommend referral to an external Sleep Specialist.



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Fit for Duty
Managing Sleep Health