Outline for Obstructive Sleep Apnea Presentation

1. The Importance of Sleep
2. National Sleep Awareness
3. Daylight Savings Time
   1. Impact of changing the clock by one hour on our health
4. Good sleep is associated with healing of heart and blood vessels
5. Sleep deprivation is associated with significant health problems
6. Modern Western Society lifestyle can interfere with getting adequate sleep
7. Top Ten Reasons why sleep is important
8. Things that interfere with getting adequate sleep
9. Definition of Obstructive, Central and Mixed Sleep Apnea
10. Our government recognizes that sleep is a national health priority
11. Prevalence of sleep apnea
12. Cost of Sleep apnea to our economy and health care system
    1. Effective treatment of obstructive sleep apnea can reduce health care spending
13. Patients with obstructive sleep apnea often present with significant co-morbidities
14. Obstructive sleep apnea can negative impact the brain
15. What are the at-risk groups of patients
16. How is obstructive sleep apnea diagnosed
17. Physical exam findings of a patient with Obstructive sleep apnea
18. Video of a patient experience with a sleep study
19. Using a sleep study to interpret the severity of obstructive sleep apnea
20. Treatment options
    1. Medical
       1. Positive airway pressure devices
       2. Oral appliances (mandibular advancement devices)
       3. Tongue Stabilization
       4. Rapid Maxillary Expansion device
    2. Upper airway Surgeries
    3. Nerve Stimulators