



## Diabetes and Sleep

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### Overwhelming Evidence

In June of this year, the American Academy of Sleep Medicine (AASM) advised anyone with Type 2 diabetes or hypertension to be evaluated for sleep apnea by a board-certified sleep medicine physician.

Overwhelming clinical evidence has shown that patients suffering from two very common illnesses – Type 2 diabetes and hypertension – are at much higher risk for obstructive sleep apnea (OSA), a dangerous condition characterized by episodes of complete or partial airway obstruction during sleep. Research also has shown that treating sleep apnea can help in the management of these two disorders.

“Type 2 diabetics and people with hypertension are much more likely to have obstructive sleep apnea than other people, and as a result should immediately discuss their risk for sleep apnea with a sleep specialist,” said M. Safwan Badr, MD, president of AASM. “Diagnosis and treatment of sleep apnea from a board-certified sleep medicine physician will promote improvement in these conditions – including improved insulin sensitivity, blood pressure and cholesterol.”

### A Message From Dr. Whitney By Dr Courtney Whitney, Board Certified Sleep Physician, Owner, Medical Director WSDC

Sleep’s link to diabetes is fascinating and multi-faceted. The list of reasons to get a good night’s sleep has grown and is now encompassing this disease. In the setting of impaired sleep, studies have shown an elevation in blood sugars in both diabetics and non-diabetics. One study even showed blood sugar elevation and insulin resistance in healthy teen patients following sleep deprivation. But a study of diabetics with obstructive sleep apnea showed improved blood sugars following treatment with CPAP therapy. The diabetic patients treated with CPAP also frequently saw improvements in blood pressure and an associated reduction in vascular diseases associated with heart attacks and stroke.

The reason for the association between diabetes and sleep is not entirely clear. One of the reasons is likely to be the increase in activity following a good night’s sleep. Clearly if we are tired it is more likely to result in a sedentary life style—which we know is not good for diabetics. Also, in the setting of sleep deprivation, we can see elevations in insulin resistance and cortisol. These changes can also result in weight gain, which only heightens insulin resistance and blood sugars. So the message to all is to get 8 hours of quality sleep. This will not only influence your level of alertness, but may also indirectly influence your weight and blood sugars. If you question the quality of your sleep please talk with your healthcare provider. Comprehensive sleep services are available at your local hospital.

### Do you Think You Might Have A Sleep Disorder?

Yes No

- Do you snore?
- Are you excessively tired during the day?
- Have you been told you stop breathing during sleep?
- Do you have a history of hypertension?
- Is your neck size > 17 inches (male) or > 16 inches (female)?
- Do you wake up to use the bathroom more than twice a night?
- Have you ever fallen asleep while driving?

**Answering “yes” to two (or more) of these questions may be a positive screen for Obstructive Sleep Apnea. Patient should consider talking with their healthcare provider about a referral for a sleep evaluation or sleep study at your local hospital.**

### We Can Help!

Discover real solutions to your sleep problems by talking with your Health Care Provider about a sleep study at



# The Whitney Wire

The Quarterly Newsletter From Your Friends at Whitney Sleep Diagnostics & Consultants (WSDC)

## Celebrities with Sleep Apnea

Every day we learn of more people in our lives that have obstructive sleep apnea (OSA) and are on CPAP therapy. Seems as though everybody either is someone, knows someone, or knew someone with a sleep disorder.

You may interested in knowing which celebrities also manage OSA. NBA star Shaquille O’Neil, American Idol’s Randy Jackson, Comedian Larry the Cable Guy, Actress Roseanne Barr, Minnesota Viking Percy Harvin, and Talk Show Host Regis Philbin to name a few.

Famous people whose deaths are linked to sleep apnea include NFL Star Reggie White, Actor John Candy, Justin Tennison from TV’s The Deadliest Catch, and Jerry Garcia of the band The Grateful Dead.

### CPAP Talk By Susan Gunwall, LPN, WSDC Clinical Coordinator and Director of Operations

#### CPAP Supply Replacement Schedule

Item	HCPCS Code	Replacement Schedule
Full Face Mask	A7030	90 days
Full Face Cushion	A7031	30 days
Nasal Cushion	A7032	30 days
Replacement Pillow	A7033	30 days
CPAP Mask	A7034	90 days
CPAP Headgear	A7035	180 days
CPAP Chinstrap	A7036	180 days
CPAP Tubing	A7037	30 days
Disposable Filter	A7038	30 days
Filters	A7039	180 days
Oral Interface	A7044	90 days
Heated Humidifier	E0562	5 Years
CPAP Machine	E0601	5 Years

Has someone you know been through an overnight sleep study and issued a CPAP machine, only to be frustrated with its use, cleaning, and keeping current with supplies? (filters hoses and masks do wear out over time)

If you are not using your CPAP because you are not sure if it is working properly, has a poorly fitting mask, or the mask seal is worn out, Whitney Sleep would be happy to give you a free inspection of your equipment. If needed, we can show you the latest in mask designs too.

Since we visit your hospital only when we are needed, you will need to **call us to set up an appointment at 877-844-6150**

## Continuous Positive Airway Pressure

CPAP therapy uses pressurized air to keep the airway open during sleep. It is a non-invasive, painless and very effective way to treat Obstructive Sleep Apnea

**Sleep Fact:**  
*Untreated Sleep Apnea increases one's risk of heart attack, stroke, hypertension, depression, diabetes, auto accidents, and much more.*



## About Whitney Sleep Diagnostics & Consultants

Created by Dr. Courtney Whitney of the Whitney Sleep Center in Plymouth, MN, Whitney Sleep Diagnostics & Consultants (WSDC) serves the sleep medicine needs of hospitals in less populated areas.

Hospitals that partner with WSDC, are now able to offer a high quality, AASM accredited sleep medicine program to its patients right at their hometown hospital. WSDC diagnoses and treats all 84 known sleep disorders. If you are a patient reading this in a clinic lobby or waiting room—your hospital partners with WSDC.

Patients who feel they may have a sleep disorder are encouraged to talk to their healthcare provider about their symptoms. A simple one page screening form (available at your clinic) can often help determine the need for an overnight sleep study.

Partnering hospitals will soon provide CPAP clinics where CPAP users can bring their equipment to be inspected and obtain replacement CPAP accessories as needed. If you are in need of CPAP accessories or just have questions about your therapy, give us a call at 877-844-6150.

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