

The  
Edythe Kurz Center  
for Sleep Medicine  
at Montefiore | Nyack



Contact us for more information.  
845-348-2209 | [montefiorenyack.org](http://montefiorenyack.org)



A MEMBER OF THE  PERSANTE HEALTH CARE NETWORK

Accredited by the American  
Academy of Sleep Medicine.

Montefiore | Nyack

160 North Midland Avenue, Nyack, New York 10960

845-348-2009 | [montefiorenyack.org](http://montefiorenyack.org)



## The Edythe Kurz Center for Sleep Medicine at Montefiore Nyack Hospital

The Edythe Kurz Center for Sleep Medicine at Montefiore Nyack Hospital combines the latest generation sleep technology with the comforts of a hotel, providing a safe environment where patients can undergo the highest quality and most accurate sleep studies available.

You can rest easy knowing that The Edythe Kurz Center for Sleep Medicine at Montefiore Nyack Hospital is ready to help you. For further information, please call 845-348-2209.

**Welcome.** Congratulations on taking the first step towards getting a good night's sleep. We know you are tired. Not the type of tired you get from missing an hour of sleep once in a while, but the fatigue that comes from too little sleep, too often. Rest assured, you are not alone. In fact, over 70 million Americans have some form of sleep disorder.

Or, you may be concerned because your bed partner has complained "one too many times" about your snoring and gasping at night. We are here to help.

On the following pages, you will learn about sleep disorders and other health conditions that may contribute to poor sleep, and how The Edythe Kurz Center for Sleep Medicine at Montefiore Nyack Hospital can make a good night's rest more than just a dream.

Did you know that the average adult needs 7–8 hours of sleep each night for peak performance?

## Tired of Being Tired?

Did you know that the average adult needs 7-8 hours of sleep each night for peak performance? Although each person's sleep needs differ, studies show that sleeping less than 7 hours a night on a regular basis may lead to serious health risks such as cardiovascular disease, stroke and weight gain.

If you answer 'yes' to any of these questions, we may be able to help.

- Do you fall asleep or feel sleepy during dinner, while entertaining friends, at work or driving?
- Do you snore?
- Do you gasp for air?
- Do you have morning headaches?
- Do you have trouble concentrating?
- Do you have difficulty falling asleep or staying asleep?
- Do you have a creepy, crawly, tingly or burning feeling in your legs at night?
- Do you wake up in the middle of the night with heartburn?
- Do you feel anxious or depressed at times?

It is estimated that 70 million Americans have some form of acute or chronic sleep disorders, yet most people may not even know it.

## Sleep Disorders and Other Health Conditions

From a practical standpoint, a sleep disorder can be any medical condition that interferes with your ability to sleep restfully on a consistent basis. There are over 80 sleep disorders, however common sleep disorders include obstructive sleep apnea (OSA), narcolepsy, insomnia, periodic limb movement disorder (PLMD) and restless leg syndrome (RLS). The most common sleep disorder is obstructive sleep apnea.

Obstructive sleep apnea, or simply 'sleep apnea,' is a disorder in which breathing is briefly and repeatedly interrupted during sleep. The 'apnea' in sleep apnea refers to a breathing pause that lasts at least ten seconds. OSA occurs when the muscles in the back of the throat fail to keep the airway fully open, despite efforts to breathe. When the body realizes this, it reacts by waking the person momentarily to take a breath and reopen the airway. This is what causes the gasping that bed partners recognize between bouts of snoring.

OSA is a serious, potentially life-threatening breathing disorder which affects an estimated 20 million Americans, equally as common as asthma and diabetes. Estimates suggest that up to 85-90% of individuals with sleep apnea go undiagnosed and untreated.

Cardiovascular disease, diabetes and stroke are all commonly known health concerns. OSA can play a major role in the development of these conditions. Researchers are discovering direct correlations between sleep issues and major health risks.

## Cardiovascular Disease

Cardiovascular disease is the number one cause of death in the US, killing nearly 900,000 people each year. Hypertension, commonly referred to as high blood pressure, is directly related to sleep apnea. The most recent studies prove that people who allow moderate to severe sleep apnea to continue untreated are 7 times more likely to die of cardiovascular complications such as heart attack.

## Stroke

Sleep apnea is also indicated in increased stroke risk. People with untreated sleep apnea run a 2-3 times greater risk of suffering from certain types of strokes than those who are treated. In addition, stroke victims have a tendency to develop sleep apnea as a direct result of the event. This becomes a vicious cycle with subsequent stroke risk increasing by 2-3 times because of the development of apnea. The best defense is to recognize the signs of sleep apnea and discuss them with your doctor.

## Diabetes

Sleep apnea is associated with hypoxemia, which is a lowering of oxygen pressure in the arteries. When this occurs, the insulin resistance associated with type II diabetes develops in many people. The International Diabetes Federation (IDF) Task Force on Epidemiology and Prevention suggests that approximately 40% of type II diabetics also suffer from sleep apnea. When treating the cause of the hypoxemia through the use of positive airway pressure therapies, many people see a marked improvement in insulin sensitivity.

## The Good News

**The good news is that help is available.**

The Edythe Kurz Center for Sleep Medicine at Montefiore Nyack Hospital combines the latest generation sleep technology with the comforts of a hotel, providing a safe environment where patients can undergo the highest quality and most accurate sleep studies available.

The Center is nationally accredited by the American Academy of Sleep Medicine and is staffed by board certified physicians and qualified technologists. Their expertise, combined with diagnostic, treatment and support services, help identify and treat adult and pediatric patients ages 5 and older, so they can finally get a good night's rest.

After your sleep study is completed, a report will be sent to your physician for review and a personalized treatment plan will be developed to improve your sleep.

We will work with your physician to make sure that your sleep condition is monitored on a continual basis. In addition, education and support services are readily available for patients as well as their sleep partners.

For more information, contact  
The Edythe Kurz Center for Sleep Medicine  
at Montefiore Nyack Hospital  
at 845-348-2209.