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## Comprehensive Neurology and Sleep Medicine, P.A.

**Konrad Bakker, MD**

Board Certified in Neurology  
and Sleep Medicine

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NCCPA Certified  
Physician Assistant

### Obstructive Sleep Apnea

Sleep apnea occurs when your breathing is disrupted during sleep. Untreated sleep apnea can cause hypertension, stroke, heart attack, and diabetes. CPAP has been shown to improve HbA1c as well as postprandial glucose values. 50% of patients with atrial fibrillation or congestive heart failure have sleep apnea. 80% of patients with drug resistant hypertension have obstructive sleep apnea. CPAP therapy has been shown to reduce blood pressure 4-10 mmHg.

If you prefer and your insurance allows we at CNSM will try to work with Sleep Med and Sleep Med Therapy to consolidate your appointments and streamline the process of evaluating and treating your sleep apnea. After your sleep consultation with the medical provider you may schedule your sleep study with Sleep Med. When you leave the office you should have an appointment for a sleep study, a follow up with Dr. Bakker or Sarah Jamieson, PA-C to go over the study and if desired, a machine setup with Sleep Med Therapy. We work closely with SMT and share office space with them but we are two different companies with different phone numbers. Please, keep this in mind when calling in or rescheduling appointments as we try to be accommodating to all schedules.

If the study you are scheduling is a “split night” study you will first be monitored for sleep apnea. If you are found to have significant sleep apnea early in the study you may be placed on CPAP so your correct CPAP pressure may be found that first night. This may help save you time as it may eliminate the need for a second full night in the sleep lab for CPAP titration. If you do not meet the qualifications for starting the CPAP during the initial study you should still follow up with us at CNSM as you may still have sleep apnea. If you are not placed on a CPAP machine during the initial study you should cancel any appointment with a DME company to receive a machine. You should not have an appointment to receive a machine from a DME company until after you have first had a sleep study wearing a CPAP mask. Dr. Bakker or Sarah Jamieson, PA-C will review your results of your study at your follow-up visit.