

Sleep Apnea Syndrome (SAS)

Patients with this condition experience repeated pauses (or weakening) of breathing during sleep.

This condition is characterized by loud snoring. Depending on the individual, symptoms such as dry mouth, daytime sleepiness, decreased concentration, morning headaches, nocturia, and impotence may be observed.

The causes of this condition include obesity, nasal congestion, small jaw, large tongue, and enlarged tonsils. These factors lead to a significantly narrowed airway, resulting in breathing cessation during sleep.

Patients repeatedly awaken due to these respiratory arrests, leading to a decline in the quality of sleep.



The risk of SAS

Sleep apnea syndrome (SAS) is closely associated with lifestyle diseases and often coexists with hypertension, dyslipidemia, and diabetes at a high rate. Consequently, without treatment, there is a higher risk of **angina pectoris, myocardial infarction, cerebral hemorrhage, cerebral infarction**, and a shortened lifespan. Moreover, untreated SAS patients are about seven times more likely to be involved in car accidents compared to healthy individuals.

Testing for SAS

①Pulse oximeter test

The patient takes the testing device home. They wear the device on their fingertip, recording their blood oxygen levels throughout the night. The cost is approximately 300 yen with a 30% copayment. Depending on the test results, they will proceed to the next step.

② polysomnography

We will conduct a more detailed assessment of sleep, recording brainwaves, respiratory movements, snoring sounds, posture, and more. Patients have the option to stay at affiliated hotels where staff will attach the device or take the device home and attach it themselves. The cost is approximately 12,000 yen with a 30% copayment (additional accommodation fees apply for hotel stays).

Treatment for SAS

CPAP (continuous positive airway pressure) machine

The patient wears a nasal mask during sleep and receives pressurized air from the machine to keep the airway open. The treatment cost is approximately 5,000 yen per month with a 30% copayment.



Insomnia

Patients with this condition cannot obtain sufficient sleep due to symptoms such as difficulty falling asleep, waking up in the middle of the night or early in the morning and being unable to fall back asleep.

Furthermore, insufficient sleep can lead to daytime sleepiness, fatigue, decreased attention and concentration, irritability, and even depression.

Hypersomnia

Patients with this condition experience severe daytime drowsiness despite getting sufficient sleep, which significantly impacts their daily lives.

The cause of this condition lies in central nervous system dysfunction. A representative disorder is narcolepsy.

Circadian Rhythm Disorder

It is a condition where the internal body clock shifts away from its normal rhythm. This can lead to patterns such as feeling sleepy in the evening and waking up in the middle of the night or early morning, or conversely, not being able to sleep until late at night and not being able to wake up until around noon.

Before visiting our clinic, please print out 'Medical Questionnaire' from our website and fill them out.