



## Dr. Sadik Answers Your Sleep Related Questions



WRITTEN BY: DR NADIA SADIK,  
M.D., F.A.C.P., F.C.C.P.  
ATLANTIC SLEEP HEALTH  
DIAGNOSTIC ASSOCIATES, LLC

### Q What is sleep apnea?

**A** Obstructive sleep apnea (OSA) is a condition in which the person stops breathing repeatedly during sleep. This occurs whenever the person sleeps or even naps. Although interrupted for talking, laughing, and sneezing, the breathing cycle of inhalation and exhalation normally does not stop. OSA is aggravated by alcohol and sedatives. It can occur in anyone but is mostly seen in obese people and affects children as well as adults.

### Q What does a sleep study involve?

**A** The sleep study is done privately in one of our 8 spacious hotel-style bedrooms. Each is equipped with a flat-screen TV, private bathroom with shower, and a closet for belongings. During a sleep study, the person is hooked up to a number of electrodes (by small, soft skin pads to the head for

brain wave recording called EEG, to the chest for heart beat recording called EKG, and to a pulse-ox finger clip to record oxygen). This is all hooked into a small box that a technician can detach if the person needs to get up, go to the bathroom, etc. There is video and audio recording to monitor for restlessness and snoring. There is one professional technician assigned to monitoring one or two patients at most.

### Q How do I know if I need a sleep study?

**A** You probably need a sleep study if you snore, stop breathing during sleep, are prone to moving, have morning headaches or feel unrefreshed in the morning. If you have heart problems, especially a condition called atrial fibrillation a sleep study would be very important.

### Q What time does it start and end?

**A** For night-time studies, we ask that the person arrive between 8:00 and 8:30 PM. This study usually ends at 5:00 to 6:00 AM. Depending on the results, sometimes a second night test is needed. We can also accommodate you with a day study if you're a shift worker or work during the night.

### Q What should I bring and can someone come with me?

**A** You can bring a laptop, light snack, loose pajamas or sweat pants, flip-flops, a change of clothes, and toiletries. Linens and towels are

available. You may bring your own pillow. If you use home oxygen, an oxygen unit will be available for you at the sleep center. If you are a pediatric patient then a parent can come with you, otherwise, the test for an adult is done alone.

### Q Can I go to work the next day?

**A** Yes. The testing usually ends around 5:00 to 6:00 AM. Each bedroom has a private bathroom with a shower should you want to freshen up. A light breakfast is also available.

### Q Should I take my medications?

**A** Yes. You should take your regular medications except for sedatives or sleeping pills. Check with your doctor. You should refrain from consuming beverages with alcohol or caffeine.

### Q What if I don't sleep?

**A** Usually 6 hours of sleep is needed even if it is "light sleeping". If there is not enough data collected then it can be rescheduled. This is called "First Night Effect" of sleeping in a strange place. Usually the

second night is fine.

### Q Is sleep apnea dangerous?

**A** YES! Sleep apnea can be dangerous. Because air and oxygen are blocked repeatedly, it can lead to harm and damage to vital organs which need oxygen continuously without interruption. If left untreated it can lead to heart attacks, hypertension, and stroke.

### Q What does insurance cover?

**A** The services of Sleep Medicine Specialists and testing are covered by most major insurance carriers. It is important that you check with your own insurance carrier and understand the specifics of your coverage prior to making an appointment.

### Q What sleep conditions can be diagnosed with a sleep study?

**A** Obstructive sleep apnea, periodic leg movement disorder, and seizures are only some of the problems that can be diagnosed with a sleep study.

### Q What is narcolepsy?

**A** Narcolepsy is a sleep disorder in which the person, who is fully awake, falls asleep suddenly in the daytime. It is also called a "sleep attack". It is usually triggered by extremes of emotions such as laughing or joking. The person goes directly from awake to REM stage sleep without going through the lighter stages of sleep first. A full night sleep study, followed the next day by a daytime napping study, is done to test for this.

### Q What is CPAP?

**A** CPAP is the acronym for Continuous Positive Airway Pressure. This is a medical device that prevents the obstructions of apnea mechanically by pushing air pressure to the throat to keep the airway open. It is delivered by a soft triangular mask that covers the nose and/or mouth or by soft nasal pillows that sit in the nostrils. It usually comes with a heated humidifier to give moisture and prevent dryness.

*Don't forget . . .  
better sleep means  
better health!*



Nadia Sadik, M.D., F.A.C.P., F.C.C.P.

Dr. Sadik is a graduate of Barnard College of Columbia University. She attended medical school at the University of Medicine and Dentistry of New Jersey and completed her training there in Internal Medicine, Pulmonary and Critical Care, and Sleep Medicine. In 1989, Dr. Sadik joined Atlantic Pulmonary & Critical Care Associates in Galloway. At that time, she also became a staff physician at the AtlantiCare Regional Medical Center and Shore Memorial Hospital. Dr. Sadik currently serves as the Director of Critical Care at the Atlantic Regional Medical Center, Chairperson of the Critical Care Committee, and on the AtlantiCare Health System Board. In 2004, she was honored with the AtlantiCare Physician Award. A fellow of Chest Physicians, she is board certified in Internal Medicine, Pulmonary Medicine, Critical Care and Sleep Medicine.



Do you or a family member:

- Snore?
- Wake Up Unrefreshed?
- Experience Daytime Sleepiness?
- Never Get A Good Night's Sleep?

South Jersey's premier sleep center for all sleep related disorders staffed with the region's most experienced sleep physicians.

- 5,000 Sq. Ft Facility
- Full Size Comfortable Beds
- Luxurious Private Suites
- Private Bathrooms & Showers
- Flat Screen TV's
- Free Wi-Fi



ATLANTIC SLEEP HEALTH  
DIAGNOSTIC ASSOCIATES, LLC

Talk to your doctor to schedule an appointment.  
Any questions, please call us at 609.748.7900  
110 E. Jimmie Leeds Rd • Galloway, NJ 08205



Our Staff Of Professionals . . . Front row seated: Dr Nadia Sadik & Dr Frances Loftus; standing: Kayla Pulcine; back row standing (left to right): Elizabeth Gorman, Dr Sallustio Del Re, Carole Ziegler-Bush, Dr Nancy Higgins, Emelissa Martinez, Dr Saalam Alobeidy, and Shana McGlone.