



Essentials of a Healthy & Happy Life

Dr. Juan Albino, of the **Village Sleep Lab**, strongly believes in proper **diet**, a good **attitude**, appropriate **support** systems, regular **exercise** and what he finds most neglected: the right amount of rest and **sleep**.

Sleep Neglect: "We sleep a third of our lives, yet very little attention has been devoted to studying sleep and its disorders. Sleep apnea, a common and devastating disorder, was practically unknown ten years ago."

Sleep Apnea: "Sleep apnea can have severe consequences. They include poor performance on the job and sexually. Sleep apnea may result in **mood swings** and personality changes, industrial or driving **accidents, hypertension, heart attacks, heart failure or strokes**. It's like having high cholesterol, only worse. Sleep apnea can be quite mild. If severe, it can be fatal. Sleep apnea and **obesity** promote each other in a vicious cycle."

Dr. Albino, who is Board Certified in Sleep Medicine, diagnoses and treats patients in the Spanish Plainses Professional Plaza near The Villages Wellness Center. On the right, he highlights some steps in treating sleep apnea.



Primary symptoms of sleep apnea are night **snoring** and daytime **sleepiness**.

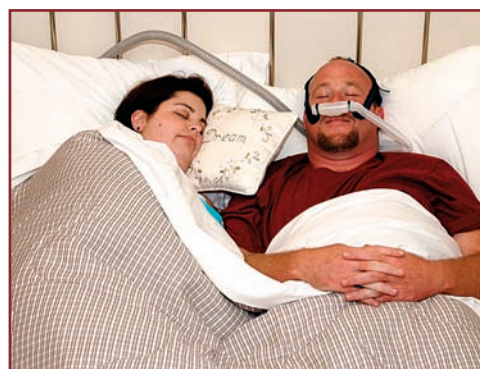
Obstruction in the back of the throat causes snoring and results in poor quality sleep.



We diagnose sleep apnea by performing a **sleep study** or polysomnogram. It requires an overnight stay at our sleep laboratory, hooked up to various detectors.



In a separate room, we observe transmitted information on the patient's stages of sleep, when the patient cannot breathe (**apnea**) and the resulting drop in blood **oxygen** level, impacting the heart and lungs.



Proper treatment, with a positive air pressure machine and mask, allows sound sleep for both patient and spouse. That's a profound and satisfying impact on a couple's lives, for without good quality sleep we cannot really be healthy and happy.

For More Information Call
Village Sleep Lab

Accredited by the American Academy of Sleep Medicine
352-751-4955