

Sleep Studies

Sleep Apnea affects an alarmingly large number of unsuspecting people. It's when a person experiences pauses in their breathing or shallow breathes while they are sleeping.

It is hard to diagnose Sleep Apnea, as it only happens during sleep and often a family member or bed partner would be the only one to notice this.

Obstructive Sleep Apnea (OSA) is the most common form of Sleep Apnea. This is when the airway becomes blocked or collapses which causes shallow breathing or pauses.

If untreated, OSA can increase the risk of high blood pressure, diabetes, obesity, strokes, irregular heartbeat, heart attacks or even heart failure.

OSA can be detected in a sleep center being monitored overnight, but it is an expensive option and not accessible to all. Health Renewal now offers a FDA approved test that allows testing for OSA at home.



effort, the amount of oxygen in the blood and the different sleep phases is picked up and stored on the device. Once returned to the Health Renewal team, the data is extracted and assessed.

If diagnosed, patients are referred to a Health Renewal doctor to discuss an individual treatment plan, which may include supplements, a continuous positive airway pressure (CPAP) device or a mouthpiece.

**If you feel exhausted during the day, or if your partner noticed that you've stopped breathing for a period of time, contact
Health Renewal on
086 126 3972.**

Sleep therapists consult with patients to inform them exactly what would be required at home in order to test for Sleep Apnea.

At home, the patient would sleep with the device. Information such as heart rate, airflow, respiratory



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Dr. Graham Duncombe is a General Practitioner, with a special interest in Integrative, Anti-aging & Aesthetic Medicine. He is part of the medical team at Skin, Body, Brain & Health Renewal and consults at the Cape Quarter, Willowbridge and Somerset West branches in the Western Cape.