

17 Questions Respiratory Therapists
Want You To Ask Your Physician About...

Your Obstructive Sleep Apnea



1. Why do you think I might have obstructive sleep apnea (OSA)?
2. What are some of the common symptoms?
3. What could be causing this condition?
4. Are there any lifestyle changes I can make to improve my sleep apnea?
5. Do I need to have a sleep test to determine if I have OSA?
6. What does a sleep test entail?
7. Can I have this test done at home, or do I have to go to a sleep center?
8. How can I find a good sleep center?



This guide is provided by the American Association for Respiratory Care
More guides are available at yourlunghealth.org/ask/

9. How do I know that the sleep center conforms to the standards of care?
10. How is sleep apnea treated?
11. What are the risks and benefits of each of these types of treatment?
12. How will you decide which treatment is best for me?
13. What are the side effects of these treatments?
14. What will my alternatives be if I end up not being able to tolerate the treatment you prescribe for me?
15. What should I do if I experience any side effects?
16. Are there any complications of OSA? If so, what are they and how can I tell if I have them?
17. Will treatment help me avoid or minimize these complications?



Prepared with input from: AARC member Sheri Tooley, BSRT, RRT-NPS, CPFT, AE-C, respiratory care education supervisor, Rochester General Hospital, Rochester, NY.