

## Testimonies

### Testimony 1:

“Fourteen years ago I was unable to sleep more than an hour without having to get up and go to the bathroom. I was also incapable of sleeping in bed. I would fall out of bed during the night and then spend the rest of the night trying to sleep there. After a while, I got a foam pad so I would be more comfortable when I fell by the bed. It was there I spent my nights; on the foam, next to the bed. As time passed and I began to awake even more often to find myself further and further from the foam pad. I was having nightmares. I would fall asleep shaving in the morning and hit my head on the mirror. When talking to my wife and children at home my eyes would begin to close as if I were sleeping. This also happened at work with colleagues. It’s a wonder I still had friends. Then I began to chew my tongue. I was having such problems that I made an appointment with the Ear, Nose and Throat doctor. He looked at my tongue and told me without question I had sleep apnea.

Within the week I was at the Sleep Disorders Clinic at Cox South. There, I was introduced to the CPAP machine. I felt so good and rested, even after being awakened many times during the night for the doctors to check the valves and other readings. I was more awake than I had been in years! I couldn’t wait to get my own CPAP machine so I could feel as great as I did at the sleep clinic.

It took me two nights to get used to sleeping with the mask on my face and the force of air through my nose and down my throat, but once I did my whole life began to change for the better.

I have slept with my CPAP machine for 14 years. It has been one of the greatest miracles ever developed. My wife, children and friends can tell you that if you have not been through a Sleep Disorders Clinic for testing, you are missing the opportunity to get a better night’s sleep. If you are concerned about a friend or relative, talk them into calling the Sleep Disorders Center. If you need help sleeping the professionals at Cox South are the people to call.”

Roy

## **Testimony 2:**

“I was 36 years old when I was diagnosed with sleep apnea. My symptoms included falling asleep each day after work, loud snoring, grouchiness and even though I slept a lot, never feeling rested. My wife encouraged me to discuss my symptoms with a physician. Afterwards, we agreed on scheduling me for a sleep test.

I was nervous the night of the study. I entered the sleep lab with high anxiety but also a lot of anticipation. When I received the results of the study and found that I needed to wear a CPAP, I was scared of the unknown of what was happening to me. I was also mad because I didn't want to wear something the rest of my life. At that time I didn't realize how much better it would make me feel. The first two weeks were the most challenging. I was not accustomed to the whistling of the CPAP and it would wake me up. What I didn't know was the noise of the CPAP was much more quiet than my snoring.

I have successfully worn the mask for 17 months. I don't sleep right after work, I believe I am less grouchy, I don't snore anymore and I feel rested. My family has adjusted to my CPAP and I take it anywhere I go, including vacation.

I believe there are a lot of people who do not realize they have sleep apnea who could benefit from a sleep study and recommended therapy.”

Awake and loving it,  
Mark

If you would like to contact Mark or Roy, send your contact information (telephone, email address,...) to [Dave.Wortley@coxhealth.com](mailto:Dave.Wortley@coxhealth.com) who will forward the contact information to our online support group chairs.