

## Everyday Blessings

If you enjoy restful sleep every night, count your blessings. 40 million Americans toss and turn, twitch, snore, and grind their teeth - many without knowing it! Morning comes and they are tired, grumpy and unwell. They snap at their kids, miss work deadlines and feel a growing sense of unhappiness. Worse, they may be missing the sharp reactions needed to drive safely on the streets we and our children share.



Berlinda  
Tyler-Jamison

Sleep truly is everyone's business in a country - and a community - as interdependent as ours. Well-being is everyone's business as well. We simply cannot function as our best selves, or our best community, by ignoring one another's troubles. If we are our brother's and sister's keepers - and I believe we are - then it is our responsibility to help.

That's why I'm glad this foundation supports Trinity's Sleep Center. As one of the Quad-Cities' best-kept secrets, the Center quietly changes people's lives. People end up in tears as they thank the staff for helping them get their lives back.

*But we all benefit from having neighbors and citizens who are not held back from being their best selves.*

So on behalf of the hundreds of patients and thousands of family and community members who benefit every year from Trinity's Sleep Center, let me thank you for your support.

Let me thank you, as well, for having - and acting upon - a commitment to others. For your willingness to help provide everyday blessings to those who wouldn't otherwise have them. *For your love in action.*

Blessings,



Berlinda Tyler-Jamison



Trinity Sleep Center Clinical Specialist Dave Stockdale instructs Tammy Schaver about the CPAP breathing device that helps her sleep through the night. She says she is "beyond grateful" for her new lease on life!

## The Miracle of Sleep: One Woman's Story

Tammy Schaver looked like she had it all. She had two wonderful children and a loving husband. She owned her own company. She enjoyed gardening and was active in her church. But something was wrong. She didn't feel well. In fact, Tammy hadn't felt well in decades.

Despite a high level of energy that allowed her to work 14-hour days, Tammy didn't get enough sleep. Her muscles ached constantly. And her skin actually hurt when her toddlers climbed on her lap.

Over the years, Tammy was diagnosed with such conditions as fibromyalgia and anxiety, and given prescriptions ranging from muscle relaxants to arthritis medications. Nothing worked. She still ached, still struggled with sleep and now, as she celebrated her 50th birthday, she felt her energy level slipping.

"My body was beginning to shut down," the 51-year-old Erie resident says. "I couldn't sleep anymore. At one point I was awake for 13 days in a row. The only thing I could do was go to work until about noon and then sit and stare. I was desperate."

Finally one of her doctors sent her to Trinity's Sleep Center, funded in part by Trinity Health Foundation. Founded in

1979 as one of the first labs of its kind in the country, its purpose is to help diagnose sleep disorders. But really, what it does is change lives.

### Problems of Sleep Deprivation

Although scientists still don't know exactly why sleep is critical to life, they know that when we are deprived of it - as are 40 million Americans every year - we can't perform properly. For example, sleep-deprived people perform as badly or worse in driving simulation tests than those who are drunk.

Sleep deprivation also undermines health. It is associated with such diseases as diabetes, depression and cardiovascular disease. Scientists suspect it increases the severity of memory loss in age-related ailments. And when it provokes irritability, everyone suffers.

Sleep deprivation carries an economic burden too. The annual cost of associated medical care is estimated, conservatively, to be \$16 billion, while the cost involving lower business productivity and car accidents is estimated to reach \$200 billion a year.

Despite the prevalence and danger of the condition, researchers estimate that at least 75 percent of those who suffer from sleep apnea - a dangerous disorder in

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## The Miracle of Sleep Continued

which breathing is obstructed during sleep – are unaware of their condition. Just like Tammy.

### A Trip to Trinity's Sleep Center

When Tammy arrived at the Sleep Center, she was pleasantly surprised. It didn't look clinical at all. It looked like a comfortable and private bedroom. She thought, *No way will I sleep, but at least I don't feel like a research subject.*

The staff welcomed her and invited her to settle in before they set up monitoring equipment to record her body's activity overnight. She changed into her pajamas and brushed her teeth. Then she slid into bed. Eventually – like almost everyone who comes for testing – she fell asleep...

And snored. And coughed, choked and gasped. Tammy had a classic case of sleep apnea.

"Imagine trying to sleep when every minute someone pokes you," Sleep Center Clinical Specialist Dave Stockdale says. "That's what it's like for people with sleep disorders. Repetitive arousals prevent them from entering deep sleep. In the morning, most won't remember it, but they will feel lousy."

Tammy had never known she snored. "My husband admitted he knew about my snoring but had never told me."

Family members usually are affected by their loved ones' sleep disorders, Dave notes. "For example, we'll hear that Dad falls asleep right after dinner and is grumpy



Tammy says her energy has returned, allowing her to take up gardening again!

if the kids wake him up. That embarrasses the kids when it happens in front of their friends. It's hard on families."

### The Continuous Positive Airway Pressure Machine

After confirming Tammy's sleep apnea, the staff fitted her with the machine that would change her life. The CPAP, or continuous positive airway pressure machine, gently increased the air pressure in her throat to keep her airway open during breathing. For the first time in 35 years, she got a good night's sleep.

"It's a miracle," Tammy says. "My muscles don't ache anymore. My skin isn't tender. My energy is up and my attitude is better. Oh, and my husband has more energy too."

Dave says he sees miracles like Tammy's every week. "Being able to sleep again is a life-changing experience," he says. "One patient was so grateful he dropped to his knees and wept. He had never known what

it was like to be rested! Others say, *Oh, this is what it's like to feel like other people.* Trinity Health Foundation Donors should know what a difference they are helping make in these people's lives."

### A Sleep Center Cheerleader

Now that Tammy is rested and energized, she says she has become a cheerleader for sleep disorder testing.

"I am the biggest campaigner for the Sleep Center," she says. "When I hear someone talk about undiagnosed pain or fatigue, I always ask, *How do you sleep?* Lots of times they say, *Not so good.* I must have sent 20 people to the Sleep Center over the past year."

Meantime, Tammy says she is enormously grateful. "Everything was effortful before. Now I can garden and go to the gym again. I traveled overseas last year. I serve on several church committees. This might seem ordinary to you, but it's a miracle for me. I have my life back!"



## You could have a sleep disorder if...

- You are unusually tired, even after you've had plenty of sleep
- You snore or thrash around
- You experience choking sensations
- You have a headache upon waking
- You feel depressed or irritable
- You have a hard time remembering

Contact your physician to see if a trip to Trinity's Sleep Center might help!

## Thanks, Quad City Osteopathic Foundation!

The New Year dawned with a generous grant from the Quad City Osteopathic Foundation. Designed to promote the education of nursing professionals, the \$143,735 grant will be allocated as follows:

- \$15,000 toward financial assistance to Trinity at Terrace Park for student housing;
- \$108,000 plus an additional \$10,735 toward the free standing teaching clinic;
- \$10,000 toward the Trinity Nursing Professional Fund (which represents year #4 of the Quad City Osteopathic Foundation's 5-year pledge).

On behalf of our donors, staff, board members and all of the nurses and patients

who will benefit from your generosity in the years to come, thank you from the bottom of our hearts.



Osteopathic Foundation trustees Gene Holst (far right) and John Benoit (second from left) present a generous grant to Trinity Health Foundation Chairman Pete McLaughlin and President Berlinda Tyler-Jamison.