

SLEEP APNEA AND OTHER SLEEP DISORDERS



Dr. Jas Kambo treats any and all sleep related disorders. These disorders can include Sleep Apnea, Narcolepsy, Insomnia, Restless Legs, Sleepwalking, Nightmare Disorders and Circadian Rhythm Disorders.

While there are a large number of conditions that can negatively affect somebody's sleep most commonly it is important to rule out sleep apnea as treating this will often treat a number of conditions at the same time. Sleep apnea is a condition where we stop breathing in our sleep and this can happen for a number of reasons but by far the most common reason is that as we go to sleep our body relaxes, including the ones that keep our throat open. Untreated sleep apnea can increase risk of heart attacks, strokes, diabetes, heart failure, premature cognitive aging as well as a number of other undesirable outcomes. There are generally a couple of treatment options for sleep apnea but CPAP/ APAP the most common. There are a variety of mask types available for varying needs and comfort. The mask is worn only when you sleep, and it essentially just blows pressure into your airways to keep them open. There are a number of clinics in Kamloops (which are listed below) that provide this service. Please keep in mind that there are times where more advanced treatments are sometimes required to best treat somebody's sleep apnea, so it is important to work with

your CPAP provider and your medical practitioner to find the best solution for your sleep apnea and your overall sleep health.

Remember – although identifying and treating sleep apnea is the foundation of good sleep health it certainly is not the only disorder which can affect sleep. Ask your primary care practitioner if you feel your sleep is unrefreshing in spite of optimized sleep apnea treatment. Our clinic is always happy to accept new referrals and assist you in getting the best sleep possible.

Please refer to the below video from the BC Lung Foundation for further information on sleep apnea.

[Living with COPD: Ask the Expert - CPAP Therapy and Home Oxygen - Search](#)

Dr. Kambo is the medical director for the following CPAP companies in Kamloops and parts of BC. The role of the medical director is to provide oversight and direction to ensure that the safest and most evidence-based practices are being implemented.

[MedPro Respiratory Care](#)

[OxyLife Sleep Apnea Clinic](#)

[Snore MD - Sleep Apnea Clinic - Kamloops](#)

In addition to these companies there are other providers in town.

[Respiratory Homecare Solutions](#)

Dr. Kambo also provides consultations and telehealth services for sleep conditions with Medsleep primarily from their Penticton location. In addition, they serve multiple locations throughout BC which are easily accessible for BC locals.

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