



## Chicago Sleep Health Newsletter #2

by Alexander Kim

01/01/24

---

### Happy New Year!

From the Chicago Sleep Health team, we hope you had a happy holiday season and a great start to the New Year! This second-edition newsletter will feature information about our new sleep lab, a prescription drug with a new FDA-indication for sleep apnea, and more information about the future of Chicago Sleep Health. We are open to feedback regarding these newsletters, and we hope this is something that is beneficial to everyone!

Please fill out this google form to let us know if you're interested in monthly newsletters and any suggestions you may have:

<https://forms.gle/ddbimKP4StmttJJc8>

---

### THIS MONTH'S FEATURE

#### Meet the Chicago Sleep Health Team!

Each month, you'll get to learn more about the people behind Chicago Sleep Health. This month, we have the Nurse Manager of Chicago Sleep Health, Melinda Johansen!



**Melinda Johansen, RN**

Mindy Johansen was raised in Buffalo, New York, growing up as a devoted Buffalo Bills fan. She earned a Bachelor of Science in Education from Miami University of Ohio and taught middle school and high school math. She decided to switch gears and go to nursing school, earning her Master of Science in Nursing degree from Rush University's College of Nursing.

She has worked with Dr. Park for over nine years, playing a pivotal role in the success of Chicago Sleep Health. Today, she lives in Glen Ellen with her husband, son, and rescue pup. She relaxes by reading, watching Bravo, and is a night owl that dreams of being an early riser.

---

## CLINIC UPDATES

### **Update 1**

- Our sleep lab has finished construction! Currently, we are limited to diagnostic studies only as we wait (along with the rest of the country) for FDA-approval for the newest machine to perform treatment studies.

### **Update 2**

- The U.S. Congress recently passed the American Relief Act of 2025, extending the Medicare telehealth policy until March 31st, 2025. We will continue to utilize telehealth and keep an eye out for future updates.

Link to original article:

- <https://telehealth.org/shutdown-update-american-relief-act-sustains-crucial-telehealth-flexibilities/>

### **Update 3**

- If you didn't already know, Chicago Sleep Health has a YouTube channel! We plan on posting more videos in the future, ranging from sleep advice and tips to how-to guidance videos!

Link to official Chicago Sleep Health YouTube channel:

- [https://youtube.com/@chicagosleephealth2575?si=zdPA-5bV\\_DsZ68mD](https://youtube.com/@chicagosleephealth2575?si=zdPA-5bV_DsZ68mD)

---

## DISEASE UPDATES

### **Sleep Apnea's first Prescription Medication**

The Food and Drug Administration has approved Zepbound, the first prescription medication approved to treat obstructive sleep apnea. This drug is targeted particularly for those with obesity and moderate to severe obstructive sleep apnea, as the two conditions are often associated. The injectable medicine is meant to be paired with a reduced-calorie diet and increased physical activity. While the FDA approval is certainly important, we are currently evaluating the appropriateness of this medication for sleep apnea in our clinic.

If you have any questions or concerns regarding Zepbound, feel free to ask Dr. Park during your next visit.

Link to original article:

- <https://www.nytimes.com/2024/12/20/well/zepbound-sleep-apnea.html>

---

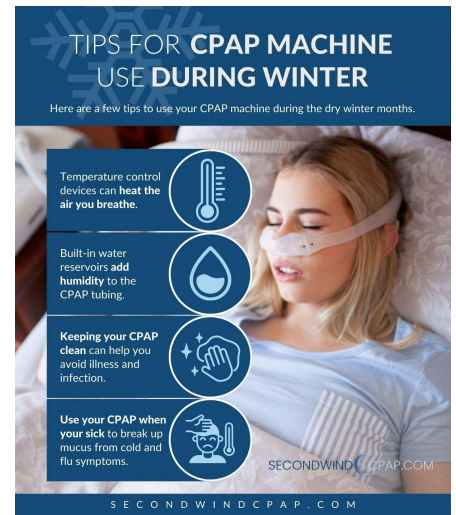
## ADVICE OF THE MONTH

### CPAP Machine Winter Adjustments

With the colder and drier weather, people may find that their CPAP machine humidifiers are running out of water, or alternately that their CPAP tubes are bubbling. Either condition can indicate that there is a mismatch of the temperature and humidity settings on the machine, as it reacts to the colder and drier environment. If this issue applies to you, try adjusting your temperature setting closer to the low-to-mid seventies, and your humidity level to around four or five on your machine to help alleviate this problem.

Here is a YouTube video from our YouTube channel to help with CPAP tube temperature and humidity:

<https://youtu.be/Jot6te5TZi4?si=wU-iOyCpT-mXXdh>



---

## FAQ

### Are you going to prescribe Zepbound to your patients? What are your thoughts on the medication?

The data shows that these injectable weight loss medications have improved the overall severity of sleep apnea. However, it is important to note that these medications did not “cure” sleep apnea. Over time, there is a stagnation of weight loss, especially in those who are not compliant with treatment, and stopping the medication seems to result in rebound weight gain. The side effect profile is also concerning. As a result, we are not currently prescribing these medications since the reported short-term benefit does not appear to outweigh the longer term risks. — Dr. Park

SLEEP IS FUN!!!

**CSH Crossword #2:**

Another crossword to test your brain! We plan on diversifying these games, and if you have any ideas or suggestions, please let us know!

Link: <https://crosswordlabs.com/embed/csh-crossword-2>

.....  
.....  
.....

ADDITIONAL INFORMATION

Website:

**[CHICAGO SLEEP HEALTH WEBSITE](#)**

Contact Us:

- Email at [slepteam@chicagosleephealth.com](mailto:slepteam@chicagosleephealth.com)
- Message us at 312-955-8787

.....

**Chicago Sleep Health**  
405 N Wabash Ave, Unit 4403  
Chicago, Illinois 60611

*Cheers  
TO NEW  
Beginnings*