

## Ping, Becky! (Re: Sleep Apnea)

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I've had it for years. I know it needs to be seen to. Doug had a CPAP machine. He used to not wear it, particularly if he had a lady friend over for the night or if anybody was going to be around.

He was being treated for possible brain damage and investigated for some horrible illness. Somebody looked at that tummy of his and thought, uh-huh, and got him in for a sleep study and he was barely breathing.

I have seen him sleep without that machine and it was horrible. Gasping, sighing, pursing lips, whistling, then total apnea and start the cycle over again – the machine was nothing compared to that racket. And besides, it blew lovely cool air into the room. :)

The funniest thing in the world was that the first night I went to his house to watch movies – we'd never been out before – we both fell asleep trying to watch this movie. We watched it all night long and never did see it. Two fat sleep apneics + couch + boring movie = rough night. What a deal that was.

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Blupencl

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