

'Twas the night before sleeping

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CAPS 422

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'Twas the night before sleeping, and all through the house
Not a soul could get sleeping, not even a mouse
My eyes were kept open but my room wasn't bright
It's cause mum was loudly snoring all through the night

I awoke quite drowsy; no REM sleep for me
Nor quiet sleep, no stages one, four, two or three
Mum was also quite drowsy during the day
Fell asleep in a store, and almost didn't pay!

She was also quite grumpy with headaches all morning
I wondered if she knew how loud she was snoring!
Soon I was fed up with recurrent insomnia
And told my mum "I think that you have sleep apnea"

Mum was quite understanding, to the clinic we went!
She'd have to stay overnight, but it was money well spent.
I comforted her and made sure she was happy
As the technicians prepared for a polysomnography

Now EEG! Now EMG! Now SaO₂!
On Airflow! On Ribcage and EOG too!
There was cessation of airflow for more than 10 seconds
"She's hypercapnic with low PaO₂" I did reckon

CO₂ and O₂ response were also reduced
But her rib cage and abdomen had paradoxally moved!
We monitored her more all throughout the night
And hoped that tomorrow I would finally sleep right.

Mum woke to my voice around ten minutes to seven
I told her "Gee mom, your A.I's at eleven!"
I said she had OSA; a preliminary diagnosis.
The doc agreed with me, and explained her prognosis.

There's a few options to choose from, he diligently explained
All of which present huge benefits to be gained
There's CPAP, dental appliances and LAUP
Mum picked the first option cause she hates ENTs

Tonight, before bed, I heard silence from mum's room
The CPAP works great! Least that's what I assume
But I heard myself saying, as I turned off the light
"Happy Sleeping to all, and to all a good night!"