

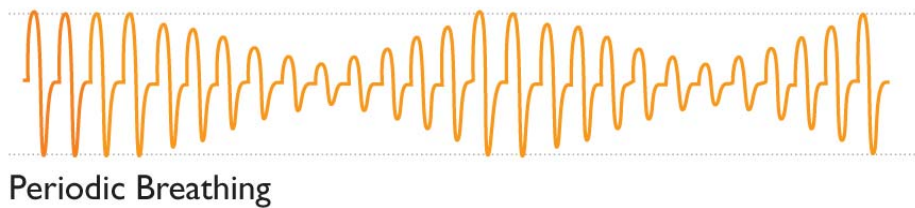
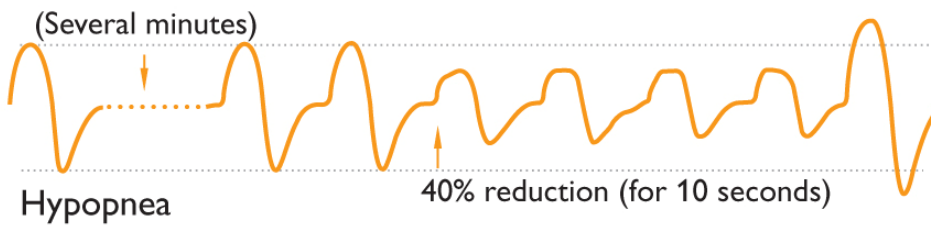
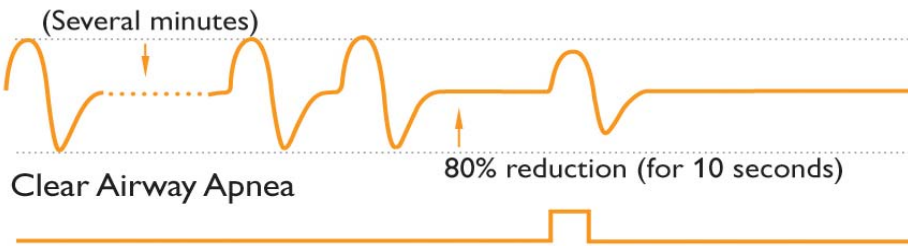
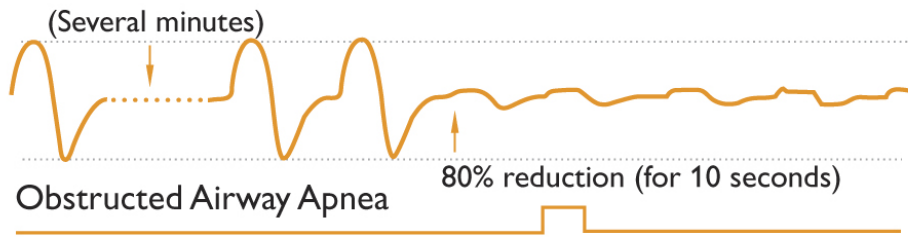
Press Information

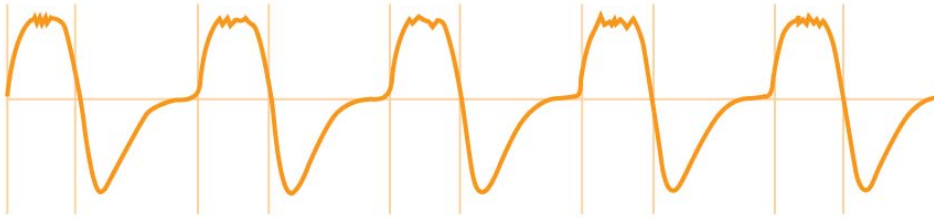
SLEEP APNEA TERMS AND ILLUSTRATIONS

Apnea (Also spelled: apnoea)	Pronunciation: ap-nee-uh. From the Greek word, apnea, meaning "want of breath." Apnea is defined as airflow cessation that lasts for 10 seconds or longer.
Apnea-hypopnea Index (AHI)	The number of apneic episodes (obstructive, central, and mixed) and hypopneas (partial obstructions) per hour of sleep. These pauses in breathing must last for 10 seconds and are often associated with a decrease in oxygenation of the blood and arousals from sleep. The AHI can be used to classify the severity of disease (mild 5-14, moderate 15-30, and severe greater than 30).
Central Sleep Apnea	A cessation of breathing attempts for at least 10 seconds during sleep. Central sleep apnea may be caused when respiratory control centers in the brain temporarily pause their activation of the breathing muscles due to a variety of reasons, including reduced carbon dioxide levels or medication administration. Central sleep apnea also can occur with damage to certain neural pathways involved in respiratory control.
Cheyne-Stokes Respiration	A waxing and waning breathing pattern, i.e. gradual increase in the depth of respiration to a maximum, followed by a progressive decrease in the depth of respiration resulting in apnea. Characteristically seen in heart failure patients. Pattern repeats itself between 30 and 100 seconds. This is a unique form of periodic breathing.
Continuous Positive Airway Pressure (CPAP)	Medical device that delivers a steady, gentle flow of air delivered through a soft, pliable mask. Used to 'splint' open a person's airway during sleep to reduce or eliminate apneas, hypopneas, snoring and arousals from sleep. CPAP is the most effective treatment available for obstructive sleep apnea.
Hypopnea	Breathing that is shallower or slower than normal during sleep (partial obstruction or temporary reduction in airflow). A hypopnea is recorded when there is a reduction in flow of 40% lasting at least 10 seconds followed by a recovery breath.
Mixed Apnea	Typically a central apnea followed by an obstructive apnea.
Obstructive Sleep Apnea (OSA)	Cessation of breathing during sleep due to a mechanical obstruction such as a semi-collapsed trachea, tongue relaxed to back of the throat or a

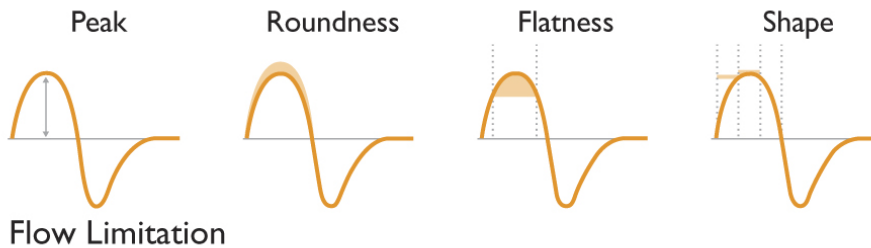
	large amount of tissue in the uvula area. The most common form of sleep disordered breathing.
Polysomnogram	<p>A recording of a person's sleep, using criteria such as the amount of oxygen in bloodstream, pulse, brainwaves and eye and muscle movements.</p> <p>The continuous and simultaneous recording of physiological variables during sleep, i.e., EEG, EOG, EMG (basic sleep stage scoring parameters), EKG, respiratory air flow, respiratory excursions, limb movement, and other electrophysiological variables.</p>
Respiratory Disturbance Index (RDI)	The number of apneas (obstructive, central or mixed) plus hypopneas <i>and</i> Respiratory Effort Related Arousals (RERAs) per hour of total sleep time as determined by all-night polysomnography. The Apnea and Hypopnea Index (AHI) plus the Respiratory Effort Related Arousal (RERA) index.
RERA – Respiratory Effort Related Arousals	A waxing and waning of respiratory effort that does not result in a hypopnea but does cause an arousal from sleep.
Sleep Disordered Breathing	A general term for all the respiratory events that disturb sleep.
Vibratory Snore	Vibratory snores are airway pressure vibrations that differ from audible snores.

Flow Illustrations of Sleep Disordered Breathing





Vibratory Snore



Flow Limitation

For further information, please contact:

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