



“At the age of 71, I’m sleeping like a baby!”

—*John St. Francis*

John St Francis (right) has a new energy for life thanks to Littleton Regional Healthcare. It all started this past October when John applied to be a bus driver for the Littleton Senior Center. Because John had been diagnosed with obstructive sleep apnea in 1983, he needed to be retested.

John went to see Dr. Irving Smith (left), a board-certified internist and sleep medicine specialist at of the North Country Sleep Center at Littleton Regional Healthcare. Dr. Smith conducted an at-home sleep study which revealed that John was once again suffering from obstructive sleep apnea, a potentially serious disorder which breathing repeatedly stops and starts during sleep.

John now uses a sleep apnea therapy machine, which provides a gentle flow of pressurized, filtered air to keep his airway open during the night. The results have been impressive. “Thanks to Dr. Smith, I am seeing significant improvements in my health, which leads to an overall improvement in quality of life. I am so thankful to be sleeping soundly and enjoying this newfound energy!”

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