

How Sleepy Are You?

Are you likely to doze off or fall asleep in the following situations?

- 0 = would **never** doze
1 = *slight* chance of dozing
2 = *moderate* chance of dozing
3 = *high* chance of dozing

1. Sitting and reading _____
2. Watching T.V. _____
3. Sitting in a public place (theater, church, meeting, etc) _____
4. A passenger in a car for at least an hour _____
5. Resting in the afternoon _____
6. Sitting and talking to someone _____
7. Sitting quietly after lunch _____
8. In a car, stopped, for a few minutes in traffic _____

ADD UP YOUR SCORE _____

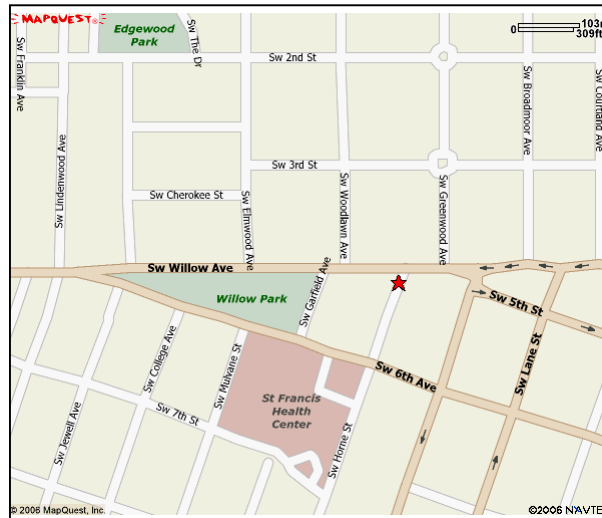
Results

0-10 - could indicate a low chance of apnea,

11-20 - could indicate a mild chance of sleep apnea.

Above 20 - could indicate a high chance of apnea.

How to Get Here



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THE SLEEP CENTER

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Common Sleep Disorders and What to Do About Them



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COMMON SLEEP DISORDERS

What is Sleep Apnea?

If you stop breathing for more than 10 seconds during sleep, it is called Apnea. Loud snoring, gasps and snorting. Morning headaches and sleepiness during the day. Irritability, memory loss and drowsy driving. All of these are symptoms of sleep apnea.

Effects

Untreated, sleep apnea has been linked to the development of heart disease, high blood pressure and stroke. People with sleep apnea also have a higher risk of auto accidents and work place accidents.

Treatment

There are several treatment options for Obstructive Sleep Apnea. The most common treatment is nasal CPAP (continuous positive airway pressure). You wear a small mask over you nose that blows air in to keep the airway open. It is easy and painless. If you need CPAP, it will be tailored to your needs.

Surgical options exist for some cases of apnea. This option should be discussed with your physician.

Remember, treatment must be tailored to your needs.

What problems can be discovered with a sleep test?

A number of disorders exist that are diagnosed with a Polysomnogram. Among the most common are Narcolepsy, a condition causing excessive sleepiness. Examples of the other 70 different sleep disorders include restless legs (a jerking, kicking or generally uncontrollable leg movements), REM behavior disorders, night terrors, nocturnal seizures and sleepwalking.

Where is the test done?

Overnight sleep testing is done in our state-of-the-art center. You spend the night in a comfortable, private room very much like a hotel and are monitored by highly trained technicians. Each room features a private



shower and restroom. Many patients go straight to work the morning after testing.

How is the test done?

The technicians places dime-sized sensors on you to record sleep activity, heart rate, and muscle tension. The technician will also place two elastic bands on the abdomen and chest to monitor respiratory movement; a sensor on the finger to monitor oxygen saturation; and a sensor under the nose to monitor airflow.

What if I have Insomnia?

Insomnia is a problem affecting most of us. When it occurs several times a week or becomes chronic, there is help. Testing may include an overnight test and wearing a special sensor at home for a few days while you keep a sleep diary. Many times, it can be treated with medication and time management.

Do people really sleep with that stuff on?

Even with the sensors, most patients find they have no problem falling asleep. You may walk around with the sensors, and once your "hookup" is complete, you can relax for awhile before bed. If you do have trouble falling asleep, your physician may order a sleep aid.

Do kids have sleep problems?



Yes, Kids can be affected by the same sleep problems adults have. Often the symptoms are very different and include those seen in Hyperactivity and Attention Deficit Disorder. Snoring in children is **abnormal**, and could be a symptom of a more serious problem.