

## Your Health Through Sleep

Common sleep disorders include sleep apnea, narcolepsy, insomnia and restless leg syndrome. Sleep disorders can affect your health including:

- Increased risk for stroke – around 80% of stroke patients have Sleep Apnea.
- Increased hypertension – almost 40% of Sleep Apnea patients have systemic hypertension (high blood pressure).
- Increased risk of heart disease - untreated Sleep Apnea increases the risk of atrial fibrillation recurrence by 80% . Heart patients' chance of improvement are considerably better with treatment.
- Increased risk for diabetes - poor sleep can lead to an increased risk for diabetes and obesity. And if you already have Diabetes Type 2, obstructive sleep apnea adversely affects glucose control.
- Depression may cause sleep problems, which may cause or contribute to depressive disorders.

About 8 million drivers have crashed or had a near-miss because they dozed off or were drowsy while driving.

Children are at risk too. Poor or inadequate sleep can lead to behavioral problems, such as hyperactivity and cognitive problems, that impact their ability to learn.

Sleep apnea is more common in perimenopausal women and is likely due to a reduction in female hormones.

For more information about sleep disorders, call **812-376-5246** or ask your healthcare provider for a referral.

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812-376-5246 [www.crh.org/sleep](http://www.crh.org/sleep)

# Sleep Diagnostic Center

## Columbus Regional Health





## Sleep Well. Live Well.

A good night's sleep is vital to your health and well-being. Yet, too many of us are not getting enough sleep. Approximately one out of three Americans has a sleep disorder, making both sleeping and waking hours difficult.

Sleep disorders affect all ages, including children. There are over 100 different types of sleep disorders ranging from difficulty sleeping at night to problems with excessive daytime sleepiness. Once detected, most sleep problems can be corrected. The best way to discover if you have a sleep disorder is through an exam called a Sleep Study.

## STOP Questions

- S** Do you snore or wake up at night gasping or choking?
- T** Do you often feel tired, fatigued or sleepy during the day?
- O** Has anyone observed you stop breathing during your sleep?
- P** Do you have or are you being treated for high blood pressure?

If you answered yes to any of the above questions, you may have a sleep disorder.

## Our Center

The Sleep Diagnostic Center is supported by the most advanced treatment technology available. Our neurologists have extensive clinical experience and expertise, with many certified in Sleep Medicine.

- Our Board Registered Technologists have over 80 years combined experience with Sleep Medicine.
- Large, comfortable bedrooms allow for a more natural sleep environment. A room equipped with a hospital bed is also available.
- Studies can be scheduled day or night to follow your natural sleep schedule.
- A family member may stay with the patient for that "at home" feeling.
- Specialized team to care for Pediatric, Cardiac, Pulmonary and Neurology patients with sleep disorders.
- Patient satisfaction in the top 5% in the country.

The professional and experienced staff at the Sleep Diagnostic Center evaluate over 1,000 patients for sleep disorders every year. Their goal is to help you return to a healthy, restful sleep.

## Home Testing

For a select group of patients, a home sleep study may make more sense. Home sleep tests are only used to diagnose obstructive sleep apnea. The information obtained from our equipment in your home will be interpreted and the results will be sent to your physician.

## Sleep Disorder Treatments

After a sleep study in our lab, one of our neurologists, who is specially trained in evaluating and treating sleep disorders, will review your test results. Their recommendations are then forwarded to your physician to determine the best sleep disorder treatment for you.

Sleep disorder treatments might include:

- CPAP- A nighttime breathing device that maintains Continuous Positive Airway Pressure
- Oral Appliances - Devices worn to open the airway
- Education on Sleep Hygiene
- Behavioral Modification

While you are staying with us, we want to ensure your privacy and comfort. Our beautifully decorated rooms are large and comfortable. They are equipped with a television, telephone and a private handicapped accessible bathroom with shower. A complimentary breakfast is also included.



Homelike atmosphere