

Do you have a sleep disorder?

This questionnaire is designed to help you identify any problems you may have resulting from poor sleep patterns. Simply check the box beside the symptoms you have experienced in the last year. If you mark three or more of the symptoms, you show signs of Obstructive Sleep Apnea, a life-threatening disorder which causes you to stop breathing during sleep-possibly several hundred times a night. Please take this questionnaire and consult your physician.

- I have been told that I snore.
- I have been told that I stop breathing when I sleep, though I have no recollection of it.
- I am always sleepy during the day even though I sleep throughout the night.
- I have high blood pressure.
- I have been told that I sleep restlessly. I am always "tossing" and "turning."
- I tend to sweat extensively during my sleep.
- I frequently awaken with headaches.
- I tend to fall asleep in inappropriate situations.
- Others and/or I have noticed a recent change in my personality.
- I am overweight.



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W O O D L A N D H E I G H T S M E D I C A L C E N T E R

SLEEP DISORDERS LABORATORY





Understanding and Combating Sleep Disorders

Regular, restful sleep is vital in maintaining optimal health. Sleep is a human need as basic as food, and is essential to emotional and physical well-being. A lack of quality, consistent sleep can have profound effects, which can make even simple tasks difficult.

For the most part, however, sleep disorders go undiagnosed and untreated. Some researchers estimate that 18 to 25 million people have sleep apnea or a related sleep disorder, but less than a million are aware of it.

At the Sleep Disorders Laboratory at Woodland Heights, we diagnose sleep disorders and guide patients to treatment.

Sleep-Inducing Atmosphere

The Sleep Disorders Laboratory at Woodland Heights invites you to spend the night in one of our attractively decorated bedrooms. Furnished with a full size or queen size bed, the bedrooms are lavishly decorated with cherry wood and wrought iron furniture, overstuffed comforters with throw pillows. Plus you will enjoy watching



your favorite shows on 19-inch color televisions with cable programming. This pleasing, sleep-inducing atmosphere is removed from the hustle and bustle of the hospital and its close to home.

Testing at the Sleep Disorders Laboratory

We will diagnose and treat sleep apnea and numerous other sleep-related problems. Our state-of-the-art equipment allows us to determine if you have a sleep disorder by simply monitoring your sleep. The test is painless and you will be required to spend one or two full nights in the lab.

Referring Physicians

Our staff is happy to work with your physician. He or she will be asked to send us your recent medical information. We will send your sleep study results and recommend treatment to your referring doctor. If you do not have a physician, the lab's medical director will see you prior to a sleep study evaluation. A patient's history and physician clinical justification for a sleep study evaluation and a current list of medications are required prior to the test.