



*You deserve a  
good night's sleep,  
too!*



**Sleeping problems are a fact of modern life.** It is estimated that one out of three Americans has trouble falling asleep or staying asleep, or is excessively sleeping during the day.

A good night's sleep restores energy to the body and revitalizes the brain. Sleep disorders can affect not only your physical and emotional health, but also your appetite, your social relationships, your sexual behaviors, and your work performance.

Although sleep disorders affect millions of people, most don't recognize the symptoms. Even fewer realize that, once detected, most sleep disorders can be corrected. That is where the HNJH Sleep Center—accredited by the American Academy of Sleep Medicine (AASM)—can help.

### Could You Have a Sleep Disorder?

- Do you snore?
- Are you sleepy during the day?
- Are you overweight?
- Do you wake up with morning headaches?
- Do you have high blood pressure?
- Are you irritable, fatigued, or have difficulty concentrating?
- Do you find it hard to stay awake while driving, watching TV, reading a book, or attending a meeting?
- Do you ever wake up choking, gasping for air, or have a skipping or racing heartbeat during the night?
- Has anyone watched you while sleeping and told you that you hold your breath, snort, and move often during sleep?

If you answered yes to two or more of these questions, you are probably suffering from a sleep disorder.

### Children Can Have Sleep Disorders, Too.

Many children experience sleep interruptions, including:

- night terrors
- sleep walking or talking, and
- breathing disorders or snoring.

Snoring, bedwetting and difficulty awakening are just a few of the symptoms to watch for.

The Helen Newberry Joy Hospital & Healthcare Center's Sleep Center can diagnose and treat sleep disorders for children over three years old.

### We Can Help!

Most sleep disorders can be effectively treated once they are diagnosed. If you have any of the symptoms described here, the HNJH Sleep Center can help.

Our team of trained professionals will work together to analyze your sleep disorder and recommend a treatment plan. For many sleep problems, an initial interview and a night in the Sleep Lab are all that is required.

### What is a Sleep Study?

At the HNJH Sleep Center, you will sleep in a comfortable, private room specially equipped for monitoring sleep patterns, breathing, brain waves, heart activity, and eye and muscle movements throughout the night.

The information gathered will allow our Sleep Center Physician to diagnose and prescribe treatment for your sleep disorder.

It may be the beginning to a good night's sleep.

### Treatment of Sleep Disorders

Your individual needs will be determined with the Sleep Center physician and may include:

- Restricting the use of certain drugs such as alcohol, caffeine, and sleeping pills;
- Prescribing medications;
- Special equipment for improving sleep;
- A recommended weight loss program;
- Surgical intervention

## What is Sleep Apnea?

Sleep Apnea is a common disorder that can be very serious. In Sleep Apnea, your breathing stops or gets very shallow while you are sleeping. Each pause in breathing typically lasts 10 to 20 seconds or more. These pauses can occur 20 to 30 times or more an hour.

The most common type of Sleep Apnea is Obstructive Sleep Apnea (OSA). During sleep, enough air cannot flow into your lungs through your mouth and nose even though you try to breathe. When this happens, the amount of oxygen in your blood may drop. Normal breaths then start again with a loud snort or choking sound.

When your sleep is upset throughout the night, you can be very sleepy during the day. With Sleep Apnea, your sleep is not restful because:

- These brief episodes of increased airway resistance (and breathing pauses) occur many times and cause micro awake periods during the night.
- You may have many brief drops in oxygen levels in your blood.
- You move out of deep sleep and into light sleep several times during the night, resulting in poor sleep quality.

People with Sleep Apnea often have loud snoring. However, not everyone who snores has Sleep Apnea. Some people with Sleep Apnea don't know they snore.

- Sleep Apnea happens more often in people who are overweight, but even thin people can have it.
- Most people don't know they have Sleep Apnea. They don't know that they are having problems breathing while they are sleeping.
- A family member and/or bed partner may notice signs of Sleep Apnea first.

Untreated Sleep Apnea can increase the chance of having high blood pressure and even a heart attack or stroke. Untreated Sleep Apnea can also increase the risk of diabetes, the risk for work-related accidents, and driving accidents.

## Identifying Patients at Risk for Obstructive Sleep Apnea (OSA)

### Questions for Screening

Please Circle	(yes)	(no)
• Do you snore?	Y	N
• Are you excessively tired during the day	Y	N
• Have you been told you sometimes stop breathing during sleep?	Y	N
• Do you have a history of hypertension?	Y	N
• Is your neck size >17 inches (men) or >16 inches (women)?	Y	N
• Are you overweight?	Y	N

**If you answered "YES" to any of the above questions, you should consider talking with your healthcare provider about an evaluation by one of our sleep specialists.**

Sleep Apnea can affect not only your ability to get a good night's sleep, but many other aspects of your everyday life.

If you have questions or concerns, give us a call at 906-293-9271 or stop for a visit – we're located on the second floor at Helen Newberry Joy Hospital & Healthcare Center in Newberry.

### The most common sleep disorders include:

- **Snoring and Sleep Apnea** – loud snoring is often a sign of obstructive sleep apnea (a condition in which breathing actually stops).
- **Persistent Insomnia** – difficulty falling asleep or staying asleep during the night.
- **Restless Legs Syndrome (RLS)** – an overwhelming urge to move the legs when they are at rest.
- **Narcolepsy** – falling asleep unexpectedly.
- **Drowsy Driving** – difficulty focusing, daydreaming, trouble remembering the last few miles, nodding, lane drifting.

There are many different sleep disorders (more than eighty), all of which can profoundly disrupt a patient's sleep and affect their daily lives.

**For more information, or to schedule an appointment, please call the HNJH Sleep Center at 906-293-9271.**



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