

What should I do if I think I have a Sleep Problem?

If you think you have a sleep-related disorder, consult your physician. You will need a referral from your physician to make an appointment at one of the FirstHealth Sleep Centers.

Use the Following Epworth Sleepiness Scale to Measure Your Sleepiness

- 0 = Never Doze
- 1 = Slight Chance of Dozing
- 2 = Moderate Chance of Dozing
- 3 = High Chance of Dozing

How likely are you to fall asleep in the following situations?

- _____ Sitting and Reading
- _____ Watching TV
- _____ Sitting, inactive in a public place such as a theater or a work meeting
- _____ As a passenger in a car for an hour without a break
- _____ Lying down to rest in the afternoon when circumstances permit
- _____ Sitting and talking to someone
- _____ Sitting quietly after lunch with no alcohol
- _____ In a car, while stopped for a few minutes in traffic
- _____ TOTAL

Please Share This With Your Doctor. If you score 10 or more, a sleep study should be considered.

We provide sleep studies on patients 8 years old and above.



FirstHealth

SLEEP DISORDERS

FirstHealth Montgomery Memorial Hospital
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FirstHealth

OF THE CAROLINAS

Sleep Disorders





Millions of Americans suffer chronically with various sleep disorders . . .

. . . most of them don't even know it.

Who is a candidate for a sleep study?

A person who:

- Often awakens with a morning headache
- Experiences excessive daytime sleepiness
- Awakens choking, breathless or gasping during the night
- Experiences insomnia, leg-kicking, or severe nightmares or night terrors
- Snores loudly or stops breathing during sleep
- Has memory problems
- Wakes up in the morning feeling unrefreshed

If you regularly experience any of these symptoms, talk to your doctor about your concerns. They may be a sign you have a common type of sleep disorder called sleep apnea. Sleep apnea is a medical disorder that causes a person to stop breathing for periods of time during the night. It can happen dozens to hundreds of times a night. Each time, the person stops breathing for 10 seconds or more and then suddenly gasps for air.

Sleep apnea may be linked to other serious health problems. People with untreated sleep apnea may be more likely to have:

- High blood pressure
- Heart problems
- Diabetes
- Strokes
- Depression/Anxiety

Deep sleep is vital to good physical and mental health, but people with sleep apnea often do not reach deep sleep. This leaves them feeling very tired during the day.

Being tired can affect every part of life. For example, it can cause:

- Motor vehicle accidents
- Injuries at work and home
- Personality changes
- Poor concentration
- Irritability

Other sleep disorders such as restless leg syndrome, periodic limb movements disorder and narcolepsy can affect the individual's health as well.

FirstHealth Sleep Disorders Centers are located at Moore Regional Hospital in Pinehurst, Montgomery Memorial Hospital in Troy and FirstHealth Moore Regional Hospital - Richmond in Rockingham.

Most sleep disorders can be successfully treated or controlled once properly diagnosed. Diagnosing sleep disorders is not simple, because there can be many different reasons for disturbed sleep. Several tests are available for evaluating a person for sleep apnea and other sleep disorders.

Your doctor will order an overnight *polysomnography* to determine whether or not you have a sleep disorder.

Polysomnography is a test that records a variety of body functions during sleep, such as electrical activity of the brain, eye movement, muscle activity, heart rate, respiratory effort, air flow and blood oxygen levels. These recordings are used to diagnose sleep disorders, including sleep apnea, and to determine the severity of the disorder.

What happens during a sleep study?

A sleep study does not hurt. You sleep in a room much like a hotel in a quiet and private setting that is designed for maximum comfort. Our professional and courteous staff will make every effort to assure that your stay is as comfortable as possible.

We provide:

- A comfortable private bedroom
- A private, handicapped-accessible bathroom with shower
- Soundproofing to ensure quiet
- Personal control of bedroom light, sound and temperature
- Complimentary breakfast

Types of Services Available:

- Polysomnography
- CPAP/BIPAP titration
- Multiple Sleep Latency Test
- Maintenance of Wakefulness Test

A specially trained technologist will attach monitoring devices that will track your brainwaves, heart rate, oxygen levels, rapid eye movements and more. While you may think sleeping with these devices is difficult, most patients fall asleep very easily. The next morning, the technologist will detach the monitoring devices and you will be able to go straight to work and resume your daily activities.