

## Community Hospital's Sleep Disorders Center is dedicated to diagnosing and treating sleep problems.

Our sleep lab has state-of-the-art diagnostic medical equipment and a specially trained and certified staff. We are able to assist your physician in proper diagnosis and treatment of many sleep related problems.

### Common Sleep Disorders and Associated Symptoms:

Some sleep disorders may be symptoms of existing medical conditions. If left untreated, sleep disorders can lead to more serious health problems. Most sleep problems can be diagnosed and effectively managed.

#### Sleep Apnea

Sleep apnea is a serious disorder in which the person stops breathing repeatedly during sleep. These interruptions can last ten seconds to two minutes. Heavy snoring is one possible symptom of sleep apnea or pauses in the breathing pattern. Other signs may include excessive daytime sleepiness or irritability. The risk of undiagnosed obstructive sleep apnea includes heart attack, stroke, irregular heartbeat or high blood pressure.



#### Insomnia

Difficulty falling or staying asleep. Many factors may contribute to insomnia including chronic depression, anxiety, temporary stress, noise or other health conditions or medications.

#### Restless Leg Syndrome

Aching or tingling sensation in the legs causing frequent movement. This serious condition can lead up to insomnia and periodic limb movement syndrome, which disrupts sleep and causes daytime drowsiness.

#### Narcolepsy & Other Hypersomnias

Narcolepsy is a disorder of the central nervous system that causes excessive daytime sleepiness even after a good night's sleep. This disorder may also cause cataplexy, sleep paralysis, or hallucinations before falling asleep.

The symptoms listed here should not be ignored. It is important that you discuss your symptoms with your primary care physician.

### Sleep Disorder Diagnosis

In order to correctly diagnosis a sleep disorder, your physician may order a sleep study. Sleep studies are done in a quiet, safe and comfortable setting at Residence Inn by Marriott, where you will stay overnight.

Before you fall asleep, small sensors are placed on the surface of the skin. While you sleep, a polysomnographic technologist located in a separate room will monitor your brain waves, muscle activity, breathing, heartbeat, oxygen levels, and snoring. A physician who is board certified in Sleep Disorders analyzes all of the data collected during your sleep.

### Insurance Concerns

Most health insurance companies will cover the diagnosis and treatment of sleep disorders.

Community Hospital makes every possible effort to assist our patient-guests with their insurance claims, however, insurance companies vary greatly in their reimbursement policies. We suggest that you contact your insurance carrier prior to testing.





For more information contact:  
**Community Hospital**  
**Sleep Disorders Center**  
 Located in the Residence Inn by Marriott  
**970/242-0920**  
[www.YourCommunityHospital.com](http://www.YourCommunityHospital.com)



### Take the Sleepiness Questionnaire

This simple, self-administered questionnaire is widely used by sleep professionals to measure the level of daytime sleepiness, a critical indication of Sleep Disorders.

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? Think about these situations in your day to day life in the past 6 months.

Use the following scale to choose the most appropriate number for each situation:

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

Questionnaire Score Key:  
 A score between 1 - 10 is considered in the normal range.  
 A score of >10 is considered abnormal, you should talk to your physician about your score on this questionnaire.

### Situation:

- Sitting and reading
- Watching TV
- Sitting, inactive in a public place (e.g. a theater or a 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 without alcohol
- In a car, while stopped for a few minutes in traffic

### Your Total Score



**Community Hospital**  
 Sleep Disorders Center

Sleep is essential for good health, however 40 million Americans\* will not sleep well tonight. Sleep disorders often go unrecognized and untreated. Without help, your quality of life may suffer, possibly leading to serious medical conditions or injury.

\*The American Sleep Disorders Association (ASDA)