

FHN REGIONAL SLEEP CENTER



FHN Regional Sleep Center

A center for the diagnosis and
treatment of sleep disorders



We're here, for you.

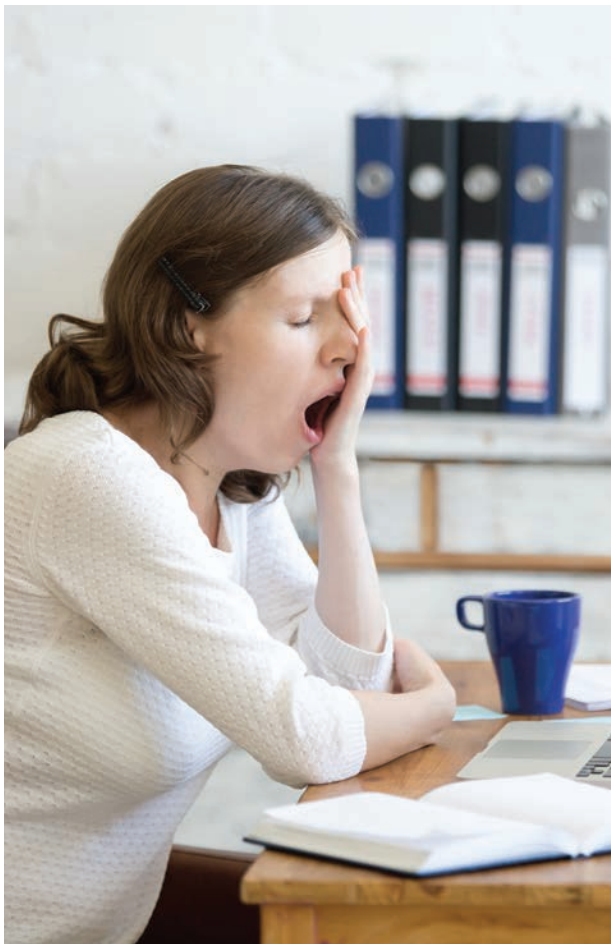
FHN

WHAT'S YOUR SNORE SCORE?

Your answers to this quiz will help you decide whether you may suffer from sleep apnea:

1. Are you a loud and/or regular snorer?
 Yes No
2. Is your snoring interrupted by silence followed by a gasp or snort?
 Yes No
3. Do you feel tired or groggy upon awakening, or do you awaken with a headache?
 Yes No
4. Are you often tired or fatigued during the wake time hours?
 Yes No
5. Do you ever fall asleep sitting, reading, watching TV or driving?
 Yes No
6. Do you regularly have trouble concentrating or remembering?
 Yes No

If you have one or more of these symptoms you are at higher risk for having sleep apnea. If you or someone close to you answers "yes" to any of the above questions, you should discuss your symptoms with your primary care provider.



Millions of Americans have chronic sleep disorders: daytime sleepiness, insomnia, snoring, sleepwalking and morning headaches. Sleep problems like these can cause potentially serious medical problems.

To help people with sleep disorders, FHN has created the Regional Sleep Center. The Center is equipped with the latest technology for performing sleep studies and the polysomnographer (sleep specialist) is highly trained in the field.

RECOGNIZING SLEEP DISORDERS

If you can't keep your eyes open in the middle of the afternoon, toss and turn all night or wake up in the morning with a severe headache, one of the following sleep disorders could be the cause.

Sleep Apnea

People with sleep apnea actually stop breathing periodically during sleep for as long as 90 seconds. Breathing may stop up to several hundred times a night. Symptoms of sleep apnea are heavy snoring, excessive daytime sleepiness and fatigue, restless sleep, nighttime panics/smothering attacks, personality changes, irritability, impotency and morning headaches. This sleep disorder can contribute to high blood pressure and can be life threatening.

Common problems for children with sleep apnea are bedwetting, learning disabilities and behavioral problems.

Insomnia

This problem is characterized by the inability to sleep. There are many possible causes of insomnia such as stress, physical pain, chronic depression, misuse of sleeping pills and irregular breathing.

Narcolepsy

People suffering with this sleep disorder fall asleep unexpectedly and at any time. Over 250,000 Americans are affected by this dangerous problem. Muscular weakness and terrifying dreams often accompany narcolepsy.

Nocturnal Myoclonus

Periodic leg movement during sleep prevents proper rest for people with nocturnal myoclonus. People who experience this problem sleep very poorly.



TREATMENT

Depending on the severity of the apnea, treatments will vary. In mild cases, the person may be encouraged to avoid sleeping on his or her back, lose weight, stop smoking or avoid drugs that cause drowsiness. Moderate to severe cases a person may use a continuous positive airway pressure (CPAP). Other treatments include oral appliances, surgery or medication.

A sleep study is performed during the patient's regular sleep hours. The rooms where the patient sleeps is attractively decorated and has many of the comforts of home. Before the patient goes to sleep, electrodes are attached to the face, scalp, chest and legs to monitor brain, nerve and muscle activity, breathing patterns and eye movements.

THE COST

The diagnostic and treatment costs of most sleep disorders are covered by medical insurance. Pre-authorization is usually required.

TO MAKE AN APPOINTMENT

Patients must be referred to the FHN Regional Sleep Center by their healthcare provider.

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For more information or a referral for an appointment at the FHN Regional Sleep Center, please contact your healthcare provider.

If you need help finding a primary care provider, please call the FHN Physician Referral Center at 1-877-6000-FHN (1-877-600-0346) ext. 965.



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www.fhn.org