

SLEEP EVALUATION

An initial evaluation with your physician will help identify the nature of your sleep problems and determine whether an overnight sleep study is necessary. The Sleep Disorders Center may also study your sleep patterns during the day if you are a shift worker or if the cause of your daytime sleepiness is uncertain. To schedule an appointment, call 270-887-6883 or ask your physician for a referral.

HOME SLEEP APNEA TEST

The Sleep Disorders Center at Jennie Stuart Health offers state-of-the-art home diagnostic equipment that is fully compliant with Medicare and the American Academy of Sleep Medicine's rigorous standards. Our small, compact units make it easy to record your sleep patterns and give you the ability to obtain, in the comfort of your own home, the same high-level diagnostic testing offered in a sleep center. Home testing can diagnose one of the most common sleep disorders, sleep apnea, and lead to prompt treatment of this serious medical condition.

WHO MAY BENEFIT FROM A SLEEP STUDY?

A sleep study can greatly benefit those who have chronic problems falling asleep, staying asleep at night or staying awake during the day, as well as those who suffer from excessive snoring or breathing disturbances. Our sleep studies are designed for patients of every age, including pediatrics ages 2 years and up.

TREATMENT OPTIONS

Based on the results of a sleep evaluation and/or overnight sleep study, specific treatments will be recommended to you and your physician. The Sleep Disorders Center offers a variety of treatment options for sleep problems. While a combination of behavioral counseling and medications may be the best approach for insomnia, other sleep disorders may require CPAP therapy or surgery. No matter the cause of your sleep problem, we are dedicated to finding a solution that is right for you.

INSURANCE COVERAGE

A diagnostic study performed by the Sleep Disorders Center is an accepted medical procedure and is covered by most insurance providers. Contact your insurance representative if you have questions.

The Sleep Disorders Center at Jennie Stuart Health is located on the third floor of the hospital. Tours are offered Monday through Friday, 7:30 a.m. – 2 p.m.

- We accommodate all shifts
- Open 7 days a week



EXPERIENCE MAKES *the* DIFFERENCE.

320 West 18th Street, P.O. Box 2400 | Hopkinsville, KY | 270-887-6883
Toll-free 800-887-JSMC (5762) | jsmc.org

Jennie Stuart Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.
ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 270-887-0101.
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 270-887-0101.
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 270-887-0101。



SLEEP DISORDERS CENTER



EXPERIENCE MAKES *the* DIFFERENCE.



HELP FOR THE WEARY— REST ASSURED

The Sleep Disorders Center at Jennie Stuart Health is a five-bedroom, state-of-the-art facility equipped with the most modern computer monitoring equipment. We are staffed by registered polysomnographers and respiratory therapists, and studies are interpreted by a staff physician with expertise in sleep disorders.

The Sleep Disorders Center is designed to provide the comforts of home in an attractive and inviting setting. Each room is private and equipped with a comfortable bed and private bath, so patients can unwind as they would at home.

The Sleep Disorders Center at Jennie Stuart Health is an accredited facility of the American Academy of Sleep Medicine and the Kentucky Sleep Society.



EPWORTH SLEEPINESS SCALE (ESS)

The ESS is a tool to assess sleepiness in normal daily situations. Use the following scale to assess how likely are you to doze off or fall asleep in the following situations.

SCALE

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

SITUATION

- ___ Sitting and reading
- ___ Watching television
- ___ Sitting and talking to someone
- ___ Sitting quietly after lunch (without alcohol)
- ___ Sitting inactive in a public place (e.g., theater or meeting)
- ___ As a passenger in a car for an hour without break
- ___ Lying down to rest in the afternoon
- ___ While stopped in a car for a few minutes (e.g., in traffic)

_____ **Your Total**

A score of greater than 7 indicates significant daytime sleepiness and is a cause for concern. For more information about sleep problems, contact us at 270-887-6883 or talk to your family physician.

COMMON SLEEP DISORDERS

More than 90 types of sleep disorders have been identified according to the International Classification of Sleep Disorders. Some of the most common include:

- **Insomnia.** The most common sleep-related problem, insomnia is characterized by difficulty falling asleep and/or staying asleep. It can be a symptom of another sleep disorder or a condition itself. Depression and pain frequently aggravate this condition.
- **Obstructive Sleep Apnea (OSA).** This condition affects more than 18 million Americans. Loud snoring and blockage of the airway occur with this disorder, resulting in a drop in oxygen levels and arousals in sleep. These episodes can occur hundreds of times during sleep. Left untreated, OSA can increase the risk of weight gain, hypertension, heart disease, diabetes, stroke and fatigue-related accidents.
- **Restless Leg Syndrome (RLS).** This is a disagreeable feeling in the legs that can only be relieved by moving them. RLS most often occurs at night and can delay sleep onset.
- **Narcolepsy.** A neurological condition characterized by excessive daytime sleepiness, narcolepsy often first occurs during a person's teens or early twenties. This condition is believed to affect approximately one out of every 1,000 people (both sexes and all races) and there seems to be a hereditary link. It is not a degenerative condition, as people with narcolepsy can expect to live a normal life span.
- **Parasomnias.** Parasomnias are disorders characterized by undesirable motor, verbal or experiential phenomenon occurring in association with sleep, specific stages of sleep, or sleep-awake transition phases. Primary parasomnias are disorders of sleep states and are further classified according to the sleep state of origin, rapid eye movement (REM) or non-REM. Secondary parasomnias are disorders of other organ systems that may manifest during sleep, e.g., seizures, respiratory dyskinesias, arrhythmias and gastroesophageal reflux.