

SLEEP CENTER

AT BAYLOR CARROLLTON

How's YOUR SLEEP?

The following self-evaluation test will help you determine if you have symptoms that may need medical attention.



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- Have you been told you snore? Yes No
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- Have others observed that you snore, gasp or grunt for air during your sleep? Yes No
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- Are you sleepy, tired, or irritable during the day? Yes No
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- Do you have difficulty falling asleep or staying asleep? Yes No
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- Do you feel unpleasant, tingling, creepy sensations or discomfort in your legs when trying to sleep? Yes No
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- Do you have difficulty waking up in the morning? Yes No
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- Do you awake frequently with morning headaches? Yes No
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- Do you have High Blood Pressure? Yes No
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- Do you have Type II Diabetes? Yes No
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- Are you overweight? Yes No
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If you answered yes to two or more of these questions, you may be experiencing sleep apnea symptoms, a potentially serious condition.

This test is not a substitute for professional medical diagnosis and treatment management. For more information about sleep apnea, visit us online at BaylorHealth.com/CarrolltonSleep or contact **1.800.4BAYLOR** for a physician referral.



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Sleep Disorders

Some 40 percent of Americans suffer from sleep disorders. Odds are, you or someone you know has a sleep disorder. Most often a person is unaware that he or she has a sleep problem, and as a result, sleep problems may go undiagnosed and untreated for many years. Sleep disorders include:

- Insomnia
- Periodic limb movements
- Narcolepsy
- Sleep apnea (Central Sleep Apnea and Obstructive Sleep Apnea)
- Restless leg syndrome

Obstructive sleep apnea is the most common type of sleep disorder.

What is Obstructive Sleep Apnea (OSA)?

OSA is a condition in which a person has episodes of blocked breathing during sleep. In some people, when the throat muscles relax during sleep, the airway can become blocked, causing an episode called apnea. An apnea episode is followed by a sudden attempt to breathe, which interrupts the sleep pattern. As a result, those with OSA may feel more drowsy during the day.

Is Sleep Apnea Treatable? How?

Continuous Positive Airway Pressure (CPAP) is the most widely accepted treatment for OSA. This bedside device gently delivers pressurized air through a nasal mask or nasal pillows system. The constant pressure acts like an “air splint” to keep the upper airway open and helps prevent apnea. Many patients experience the benefits quickly, often after the first night of use.

Your physician may order a Sleep Study in order to determine if you have a sleep disorder and then determine your treatment options.

What to Expect During a Sleep Study

A sleep study is a completely painless experience. For your comfort, you will be in a home-like private room featuring a premium bed, high quality bedding, and cable TV.

High-tech, non-invasive equipment allows patients to sleep as they would at home. The sensors and testing devices used during the sleep study allow you to turn and move as you normally do while sleeping. The technician monitors the data throughout the night while you are asleep from a separate room to ensure your privacy and comfort.

After your sleep study, a Board Certified Sleep Specialist will analyze the data collected. A detailed report is prepared that will help your physician diagnose and treat any identified sleep disorders.

For a physician referral or for more information, call
1.800.4BAYLOR or visit **BaylorHealth.com/CarrolltonSleep**.

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