



OBSTRUCTIVE SLEEP APNEA

How do you know if you have sleep apnea?

Sleep apnea is one of the most common sleep disorders and can affect men, women and children of all shapes and sizes. Symptoms to watch for include:

- Excessive daytime sleepiness
- Loud and irregular snoring
- Morning headaches
- Irritability
- Moodiness
- Poor concentration
- Obesity
- Hypertension
- Frequent night urination
- Loss of energy and depression

Obstructive sleep apnea can cause or contribute to high blood pressure, stroke, fluid retention, abnormal heartbeats and insomnia. It is considered a serious medical condition and has been linked to thousands of deaths each year. The test for obstructive sleep apnea is performed in our sleep lab. You spend the night in one of our private rooms while a technician monitors information about your sleep patterns.

Schedule a Sleep Study

If you or someone you love is experiencing a sleep problem, we invite you to contact our center for an initial consultation.

To schedule a sleep study, please contact HCMC Centralized Scheduling at **731-644-8486**, option 1.

You may call **731-644-8414** for more information.

Learn more at www.hcmc-tn.org/sleep.

A physician referral is required for a sleep study.



Scan for a great video overview about the Sleep Disorders Center.



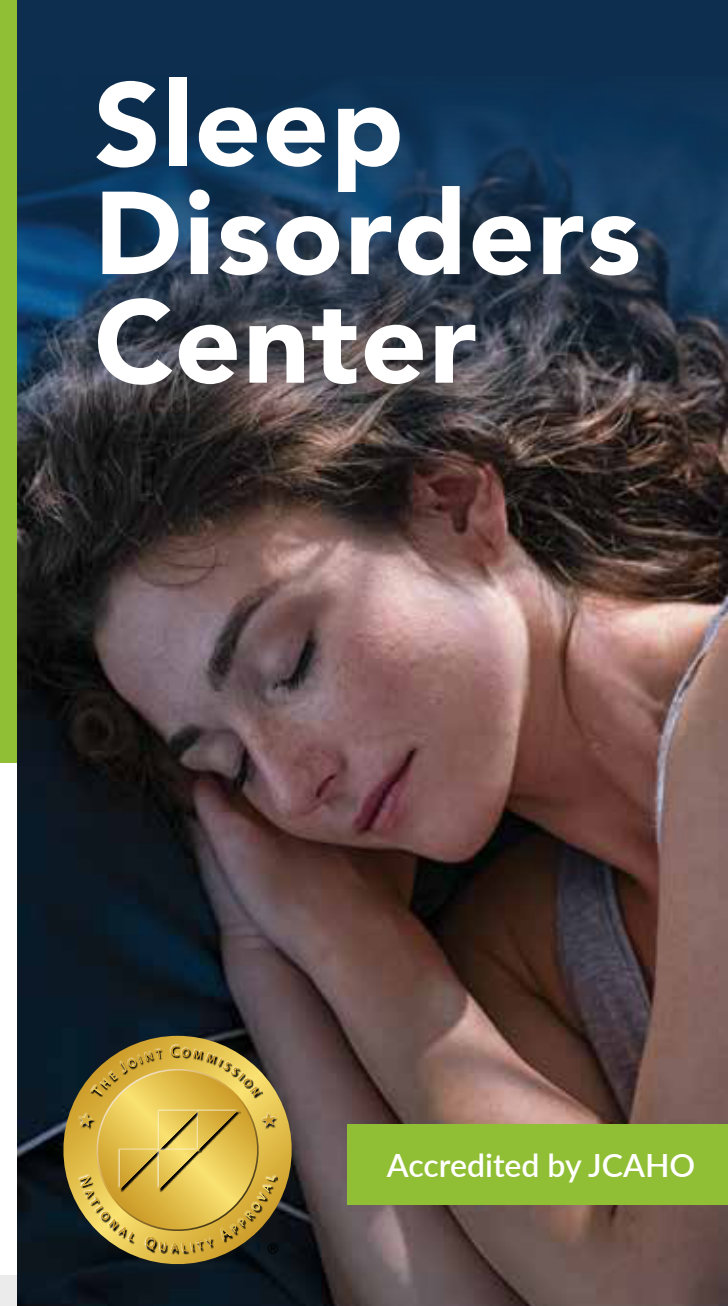
Scan to view a testimonial from a sleep disorder patient and learn what to expect at our center.

It is the policy of Henry County Medical Center and its affiliates to treat all patients and not to discriminate with regard to race, color, religion, national origin, age, sex, sexual orientation, gender identity or expression, or disability.

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Sleep Disorders Center



Accredited by JCAHO

**HCMC SLEEP DISORDERS
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At the Sleep Disorders Center, our mission is to help you get a good night's sleep, helping improve your quality of life as well as educating you in sleep disorders related to breathing and the impact the disorders have on your life.

What are sleep disorders?

More than 100 million Americans of all ages suffer from a sleep problem. Some of the more common sleep disorders are:

- **Insomnia** – an inability to fall or stay asleep that can result in functional impairment throughout the day.
- **Narcolepsy** – excessive daytime sleepiness combined with sudden muscle weakness; suddenly falling asleep may occur in unusual circumstances.
- **Restless Legs Syndrome (RLS)** – an unpleasant “creeping” sensation associated with aches and pains throughout the legs that can make it difficult to fall asleep.
- **Sleep Apnea** – interrupted sleep caused by periodic gasping or “snorting” noises or momentary suspension of breathing.

How are sleep disorders treated?

There are more than 80 different sleep-related disorders recognized by medical professionals. As a result, treatments vary from condition to condition. Once we are able to diagnose a sleep disorder, we can then develop a treatment plan. Treatments are adjusted by the staff for individual patient needs and include the entire range of available therapies and behavioral treatments.

What is a sleep study?

A sleep study is a test performed and monitored by specially trained staff that includes measurements used to identify the different sleep stages and to categorize sleep problems. This is done by monitoring your brain waves, muscle tone and oxygen levels while you sleep, as well as heart rate and breathing parameters.

The study is performed while the patient sleeps in a private room. It is usually done at night. Home Sleep Testing (HST) is available.

A sleep study:

- Lasts about nine hours
- Must be ordered by a physician
- Records valuable data needed to diagnose sleep disorders

How much sleep do I need?

The amount of sleep a person needs depends on many factors, including age. For example, in general:

- **Infants** require about 16 hours per day.
- **Teenagers** need about 9 hours on average.
- **Most adults** need 7 to 8 hours per night for the best amount of sleep, although some people may need as few as 5 hours or as many as 10 hours.
- **Women** in the first three months of pregnancy often need several more hours of sleep than usual.

However, experts say that if you feel drowsy during the day, even during boring activities, you haven't had enough sleep, which could be a sign of a sleep disorder.

Six key messages about sleep:

1. Sleep is a necessity, not a luxury.
2. You are how you sleep. Your nighttime sleep affects your daily life; don't cheat on sleep.
3. Sleep is essential for good health, safety and optimum performance; lack of sleep affects your mood and behavior, and contributes to poor performance.
4. Be good to yourself and make time for sleep! Remember – sleep is a health choice and is as important as exercise and nutrition for a healthy life.
5. Make sufficient sleep a family priority; a good night's sleep should be a regular part of everyone's daily schedule.
6. Learn to recognize sleep problems. Problems sleeping or daytime sleepiness can signal a sleep disorder that is usually treatable. Talk to your doctor.

