

# For People Who Sleep Baaaa-dly

Help From East Alabama Sleep Disorders Center

## Meet the Sleep Disorders Staff:



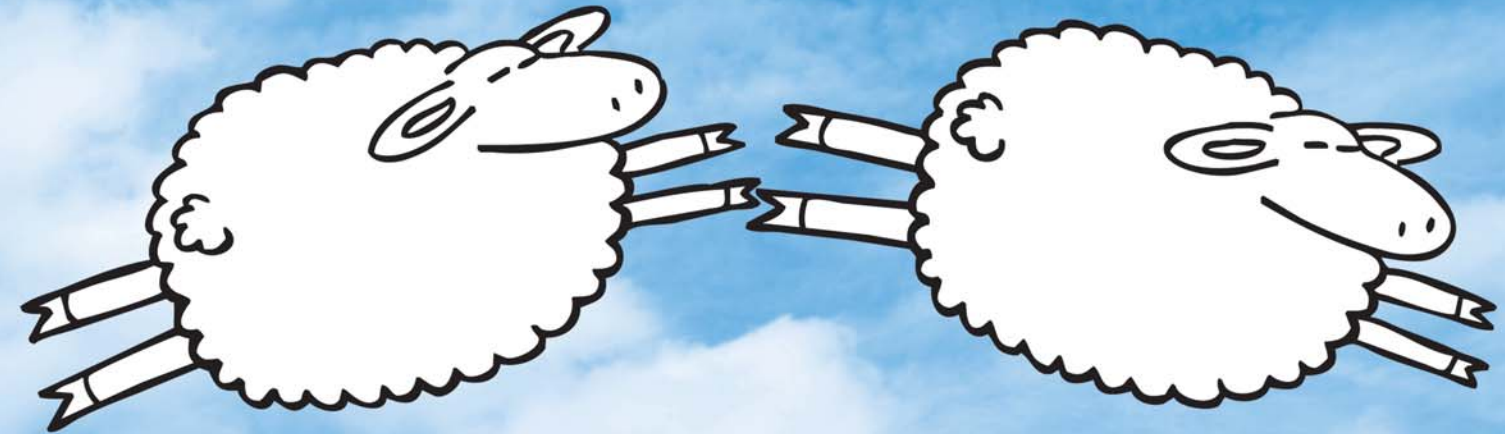
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## EAST ALABAMA SLEEP DISORDERS CENTER

A SERVICE OF EAST ALABAMA MEDICAL CENTER

2000 Pepperell Parkway • Opelika, Alabama 36801 • 334.528.2404

The EAMC Sleep Disorders Center is accredited by the American Academy of Sleep Medicine.

## Signs of Sleep Disorders:

- Excessive or loud snoring, choking or gasping during sleep
- Difficulty falling asleep or staying asleep
- Daytime sleepiness, fatigue, irritability, or difficulty concentrating
- An achy, creeping or burning feeling in the legs when reclined
- Morning headaches
- Use of caffeine or other medications to stay awake
- Hypertension (high blood pressure)



You will feel at ease in our specially designed bedroom laboratory. It looks much like a home bedroom yet it has the most state-of-the-art equipment to monitor your sleeping patterns.

**R**estful, quality sleep is essential for good health. Most sleep disturbances can be treated, and the first step may be a sleep study. At the East Alabama Sleep Disorders Center, patients receive specialized sleep evaluation, diagnosis, and treatment for a variety of health problems.

### How sleep studies work

A sleep study involves spending at least one night at the Sleep Center. You will enjoy a relaxing, private room in one of our bedroom laboratories. For your comfort, these laboratories look much like your bedroom at home. During your study, electrodes transmit and record your sleep patterns and specific information about your physical activities, such as breathing, brain waves, heart activity and eye and muscle movements, while you sleep. The recording techniques are noninvasive (external) and all electrodes are applied on the skin surface. The entire recording process is painless. The recordings become data which is analyzed by Sleep Center physicians and staff to determine the nature of your sleep disorder.

If you are extremely sleepy during the day, a daytime test can be performed that is designed to detect the presence of narcolepsy.

### Referrals

Patients suffering from sleep disorders are referred to the Sleep Disorders Center by their physician. Or, they may call the Sleep Center at (334) 528-2404 and speak to a sleep technician who can initiate the referral process.

### Insurance

Most insurance policies cover sleeping disorders. However, if you have any questions, call your insurance agent or the Sleep Disorders Center at (334) 528-2404 for more information.

## Common Sleep Disorders

More than 80 sleep disorders have been identified. Some of the most common are:

### Sleep Apnea

One of the most serious sleep disorders is sleep apnea. Snoring, gasping or choking during sleep may occur. An individual with this condition literally stops breathing during sleep. This may happen hundreds of times during the night, causing a person to awaken slightly to resume breathing. Such fragmented sleep is not restful, but dangerous in that it is related to high blood pressure, cardiovascular disease, weight gain and other health problems. Fifty percent of persons with sleep apnea have high blood pressure.

There are 3 major forms of sleep apnea:

- *Obstructive Apnea* is caused by temporary blockages in the throat and nose which prevent air from passing into the lungs. These blockages are caused by relaxed throat muscles, the tongue, excessive fatty tissues, enlarged tonsils or enlarged adenoids.
- *Central Sleep Apnea* usually affects adults over age 60, and sufferers often complain of insomnia. This is a rare form of apnea where the brain fails to send messages to the respiratory systems.
- *Mixed Sleep Apnea* is a combination of both *Central Sleep Apnea* and *Obstructive Apnea*.

Treatments for sleep apnea include the *Continuous Positive Airway Pressure (CPAP)* procedure, a mask made to prevent the closure of soft tissue in the upper air passage. This mask is worn every night.

*Uvulopalatharyngoplasty* is a surgical treatment in which excess soft tissue in the throat is removed. Weight-loss is often prescribed in addition to other treatments.

### Restless Leg Syndrome

A sufferer of restless leg syndrome complains of painful or tingling sensations in the legs and arms when trying to sleep, causing a person to feel like they need to get up and move around.

### Narcolepsy

Falling asleep during the day and excessive use of caffeine or other stimulants to stay awake, even after getting enough nighttime sleep, may signal this disorder.

## Insomnia

Regular and frequent problems falling asleep, staying asleep, or getting restful sleep is a sign of insomnia. Insomnia affects as many as one out of ten adults.



## Untreated, sleep apnea can result in:

- High blood pressure
- Heart attack
- Diabetes
- Stroke