

# Do you have a sleep disorder?

## Take this self-test

	Yes	No
Have you been told that you snore?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often feel tired or have a headache when you awake in the morning?	<input type="checkbox"/>	<input type="checkbox"/>
Do you awaken frequently during the night?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been told you have pauses in your breathing during sleep?	<input type="checkbox"/>	<input type="checkbox"/>
Do your legs jerk frequently or feel uncomfortable/restless before or during sleep?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often find yourself falling asleep when you don't intend to, such as while watching TV or while driving?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered yes to two or more of these questions, you might benefit from a sleep consultation.

For more information about our Sleep Diagnostic Center, please call **786-243-8006**.



# Homestead Hospital

160 NW 13 Street ■ Homestead, FL

*A not-for-profit community hospital*

[www.baptisthealth.net](http://www.baptisthealth.net)



**Homestead  
Hospital**

**Sleep  
Diagnostic  
Center**

If you have trouble falling asleep, staying awake or sleeping through the night, you may have a sleep disorder. One-third of Americans are estimated to have sleep disorders. If not treated, a sleep disorder can lead to chronic fatigue, disorientation and the inability to accomplish everyday tasks.

At Homestead Hospital's Sleep Diagnostic Center, a team of specialists in neurology, pulmonary medicine, psychiatry and polysomnography (sleep studies) works together to diagnose sleep disorders. Our specialists provide evaluations, consultations, testing and treatment. We also offer patient support groups and follow-up services.

The Homestead Hospital Sleep Diagnostic Center staff is trained to evaluate and treat the following disorders:

## **Upper Airway Resistance**

Loud snoring may be a signal that something is seriously wrong with breathing during sleep. Snoring indicates that the airway is not fully open, and the noise of snoring comes from the blocked passageway. For an estimated five out of every 100 people — typically overweight, middle-aged men — extremely loud snoring is the first indication of a potentially life-threatening sleep disorder called sleep apnea.

## **Sleep Apnea**

Patients with sleep apnea stop breathing, sometimes several hundred times a night. This may result in heavy snoring, morning headache, sore throat or daytime drowsiness.

## **Insomnia**

Insomnia is the inability to fall asleep. It may be caused by sleep apnea, physical pain, medications or by psychological factors such as depression or stress.

## **Periodic Leg Movement Syndrome (PLMS)**

This condition involves leg muscle twitches that usually occur during sleep, leaving the patient feeling restless during the night or excessively tired and sleepy during the day.

## **Testing**

If you are scheduled for a polysomnogram (sleep test) at Homestead's Sleep Diagnostic Center, you will need to spend one night at the center. (Shift workers are accommodated at their usual sleep time.) A technician will place several small electrodes or sensors at several locations on your body to record leg and chin movements, brain waves, heart rate, air flow, abdominal respiration levels and

oxygen levels in the blood. The sensors do not cause discomfort or restrict movement. A technician remains in the adjoining observation room throughout the testing process and will wake you in the morning.

Most testing is performed during the night, but people with extreme daytime drowsiness may also take what is called a multiple sleep latency test. This involves a series of 20-minute tests taken four times throughout the day following your night study.

## **What happens after testing?**

Once the testing is complete, a Sleep Diagnostic Center staff physician reads the results and determines whether you have a sleep disorder. You should then make an appointment with your physician two weeks after your study to discuss the test results and the various treatments available.

Testing and treatment of sleep disorders are often covered by insurance. We encourage you to discuss this with your health plan representative.