

## Do You Need a Sleep Study?

Please place a checkmark beside any of the following statements that describe your sleep experience:

- I have been told that I snore.
- I have been told that I hold my breath or stop breathing while I sleep.
- I have high blood pressure.
- I sweat excessively during the night.
- I get headaches in the morning.
- I suddenly wake up gasping for breath.
- I seem to be losing my sex drive.
- I often feel sleepy and struggle to remain alert.
- I have trouble concentrating at work or school.
- When I am angry or surprised, I feel like my muscles are going limp.
- I have fallen asleep while driving.
- I have fallen asleep in social settings such as at the movies or at a party.
- I have trouble at work because of sleepiness.
- I experience an aching or crawling sensation in my legs when trying to go to sleep.
- Sometimes I can't keep my legs still at night; I have to move them to feel comfortable.
- Even though I sleep during the night, I feel sleepy during the day.

If you placed a check beside any of the above statements or are having trouble sleeping, please talk with your primary care provider about a sleep study. You will need an order from your physician to schedule a sleep study at the Tanner Center for Sleep Disorders. For more information, call 770-812-9146.

## The Case for Sleep

There's precious little that feels better than waking up refreshed from a good night's rest. Sleep recharges us, restores us and improves the way we feel and our ability to think clearly. Research also indicates that insufficient sleep may contribute to a variety of health problems, including obesity, colon cancer, breast cancer, high blood pressure, heart disease and more.

Along with recharging us, getting sufficient sleep is also critical in helping the body regulate hormones and proteins essential to keeping us healthy. Unfortunately for millions of people, good sleep is elusive. A variety of health problems can prevent people from getting enough sleep, even causing one to wake, unconsciously, hundreds of times a night.

To help counteract the negative consequences of insufficient sleep, the Tanner Center for Sleep Disorders and its team of specially-trained physicians can determine the cause of your sleepless nights and put you on the road to recovery.



## Tanner Center for Sleep Disorders

Diagnosing Your Sleepless Nights

### **TANNER** CENTER FOR SLEEP DISORDERS

#### **Carrollton**

100 Professional Park, Suite 307  
Carrollton, GA 30117

#### **Villa Rica**

705 Dallas Highway  
Villa Rica, GA 30180

*Located in the VillaMed medical office building  
adjacent to Tanner Medical Center/Villa Rica*

#### **Wedowee**

1032 South Main Street  
Wedowee, AL 36278

**For more information, call 770-812-9146.  
To schedule a sleep study, call 770-812-9721.**

TannerSleep.org



## Diagnosing Your Sleepless Nights

There are a number of conditions that could keep you up at night. According to the American Academy of Sleep Medicine (AASM), about 24% of men and 9% of women have the breathing symptoms of obstructive sleep apnea (OSA), with or without daytime sleepiness. About 80 to 90% of adults with OSA remain undiagnosed.

Patients who are overweight or obese, men and women with large neck sizes (17 inches or more for men, 16 inches or more for women), middle-aged and older men and post-menopausal women, ethnic minorities and patients with a family member with OSA are at the highest risk of developing the condition.

Patients who suffer from OSA may experience:

- Unrefreshing and fragmented sleep
- Severe daytime sleepiness
- Morning headaches
- Increased heart rate
- Chronic elevation in their daytime blood pressure
- Increased risk of stroke
- Impaired concentration
- Mood changes
- Impaired blood glucose tolerance and insulin resistance
- Higher rates of death attributed to heart disease

Their symptoms are often noticed by their bed partner.

Another sleep disorder, though much more rare, is narcolepsy. The AASM reports that less than 1% of the population has narcolepsy, and about 5% of patients seen at accredited sleep centers have narcolepsy.

Sleep studies are also useful for diagnosing restless leg syndrome (RLS), REM sleep disorders, periodic limb movement disorder, delayed sleep phase syndrome, circadian rhythm disorders, insomnia and more.

A sleep study monitored by a polysomnographer and read by a qualified physician can determine if a sleep disorder exists, and if so, what course of treatment would work best in correcting the problem.

## What to Expect From a Sleep Study

Sleep studies available at the Tanner Center for Sleep Disorders include:

- Full-night diagnostic studies (nocturnal polysomnogram, or NPSG)
- Split-night diagnostic and therapeutic studies (NPSG with continued positive airway pressure, or CPAP)
- Portable testing for appropriately selected patients
- Daytime multiple sleep latency tests (MSLT)
- PAP naps
- Maintenance of wakefulness test (MWT)
- Pediatric sleep studies

Studies are conducted at night or during the day and are monitored by a sleep technologist. Patients are encouraged to dress comfortably (a T-shirt and shorts, two-piece pajamas or nightgowns for women). Patients will be attached to unobtrusive electronic monitoring sensors and asked to watch television or read until they feel relaxed enough to sleep.

A sleep technologist will record video and audio at all times during sleep tests, and can communicate with the patient through an intercom. A physician will read the sleep study conducted at the center and will be available to discuss follow-up care.

With locations in Carrollton, Villa Rica and Wedowee, the path to a better night's sleep begins close to home.

### To Prepare for a Sleep Study

In Carrollton, sleep lab patients should report to suite 307 of the Professional Park medical office building just north of Tanner Medical Center/Carrollton on Professional Place at your scheduled appointment time for registration and orientation. Patients should plan to remain at the center until 5 or 6 a.m.

In Villa Rica, sleep lab patients should report to Suite 201-C in the VillaMed medical office building at Tanner Medical Center/Villa Rica at your scheduled appointment time for registration and orientation. Patients should plan to remain at the center until 5 or 6 a.m.

In Wedowee, sleep lab patients should report to the emergency department at Tanner Medical Center/East Alabama at their scheduled appointment time. They will be directed to their room for registration and orientation. Patients should plan to remain at the center until 5 or 6 a.m.

### Amenities

Each sleep room provides comfortable hotel-like amenities, including:

- Electric adjustable bed
- Individual climate-controlled suite
- Cable television
- Spacious private bathroom
- Refreshments refrigerator

## Home Sleep Studies for Obstructive Sleep Apnea

Tanner also offers home sleep studies to diagnose obstructive sleep apnea (OSA). This study is a more convenient way to diagnose OSA, in which you're able to sleep at home wearing monitoring equipment that collects information about how you breathe during sleep. Your physician can determine if a home sleep study is an option for you.

### Accreditation

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



### To Schedule a Sleep Study

If you think you may have a sleep disorder, speak with your physician about receiving a sleep study at the Tanner Center for Sleep Disorders. Your physician can order a sleep study by completing a standard Tanner order form. Once you have a physician's order for a sleep study, you can schedule your study by calling Tanner Central Scheduling.

Phone: 770-812-9721

Fax: 770-812-9856

Please bring a copy of your physician's order with you when you arrive for the sleep study. See the section titled "What to Expect From a Sleep Study" for suggestions on how to dress for the study.

**For more information, call 770-812-9146.**